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Gulshan Grover

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'I always wanted to lead a simple life'
Madhuri Dixit

I'I want to play a superhero'
Katrina Kaif

RAKUL PREET SINGH

'Huge responsibility to shoulder a film

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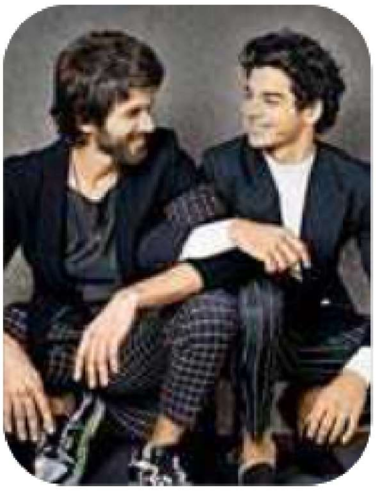
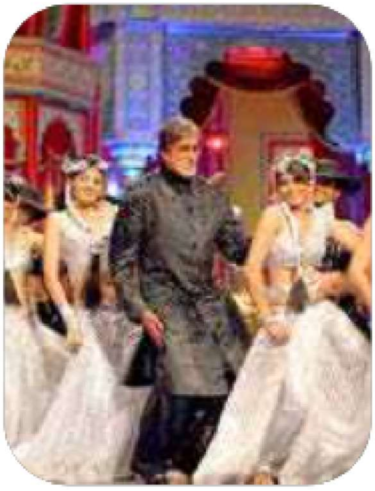
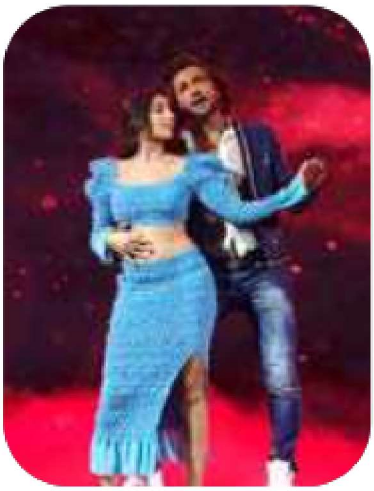






Seema Pimpley
Editor & Publisher

Huge responsibility to shoulder a film': Rakul Preet Singh on headlining 'Chhatriwali

MUMBAI: Actor Rakul Preet Singh says the faith filmmakers and writers have in her talent acts as a major confidence booster when headlining a project.

The Delhi-born actor, known for starring in Hindi movies 'De De Pyaar De', 'Attack', 'Runway 34' and titles from the south such as "Sarrainodu", 'Dhruva' and 'Spyder', is playing the central character in the upcoming social comedy "Chhatriwali".

In the film, directed by Tejas Prabha Vijay Deoskar, she plays the quality control head of a condom factory. The movie is backed by Ronnie Screwvala's banner RSVP.

"I feel it is a huge responsibility when a film is shouldered upon you. It is the trust of the team that lies upon you, that in itself, is a big boosterShe believes female-centric movies are a result of evolution in writing as well as the audience's openness to diverse stories.

"As years progress, more and more female-centric films are being written. My peers or actors younger than me, like Jahnvi (Kapoor), Sara (Ali Khan) and others are doing female-led films because the writing has evolved. Also, the audiences are ready to watch them," she added.

With 'Chhatriwali', Rakul said her endeavour is to reach out to a wider audience.

"It is a family film. Even though the topic is the need of the hour, it is told in a simple, happy and sweet manner. My endeavour is to do films that I can watch with my parents," she said.

Apart from 'Chhatriwali', the actor will be seen in campus comedy 'Doctor G' with Ayushmann Khurrana, Indra Kumar's 'Thank God' with Sidharth Malhotra and 'Indian 2' with south star Kamal Haasan.

Rakul said 'Thank God' is set to arrive in theatres during Diwali, while the release dates of 'Doctor G' and "Chhatriwali" will be announced soon.

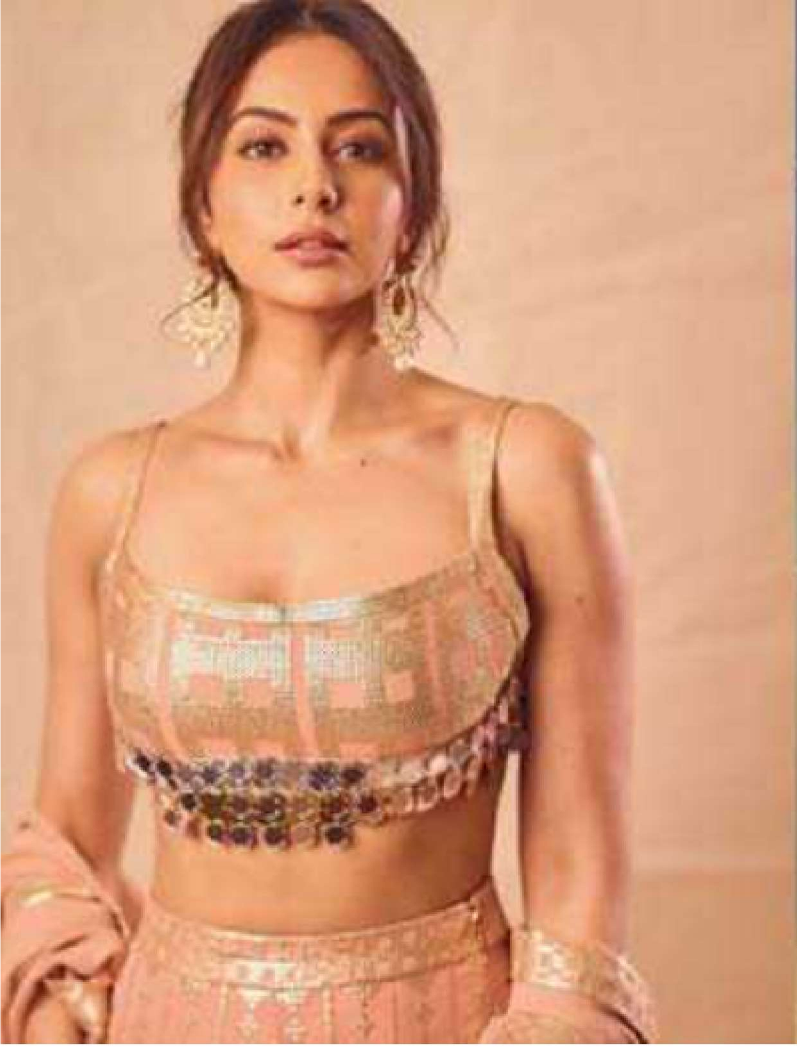
The 31-year-old actor, who recently resumed shooting for 'Indian 2', said she feels blessed to have got the opportunity to share screen space with Haasan.

Directed by Shankar, the Tamil-language movie is the follow-up to Haasan's 1996 vigilante action-thriller "Indian".

"It is great to be part of a franchise that was unanimously accepted. To be getting the opportunity to work with Kamal sir and Shankar sir is great," Rakul added.

Her latest release is the feature film 'Cuttputlli', a remake of the 2018 Tamil psychological thriller 'Ratsasan'. The Hindi version features Akshay Kumar as a cop and Rakul as a school teacher named Divya.

Produced by Vashu Bhagnani, 'Cuttputlli'



Rakul Preet Singh says people should watch 'Thank God' before demanding to ban it

Rakul Preet Singh discussed demands for a ban on her recently released movie Thank God for hurting religious emotions in a recent interview, as published by IndiaToday.

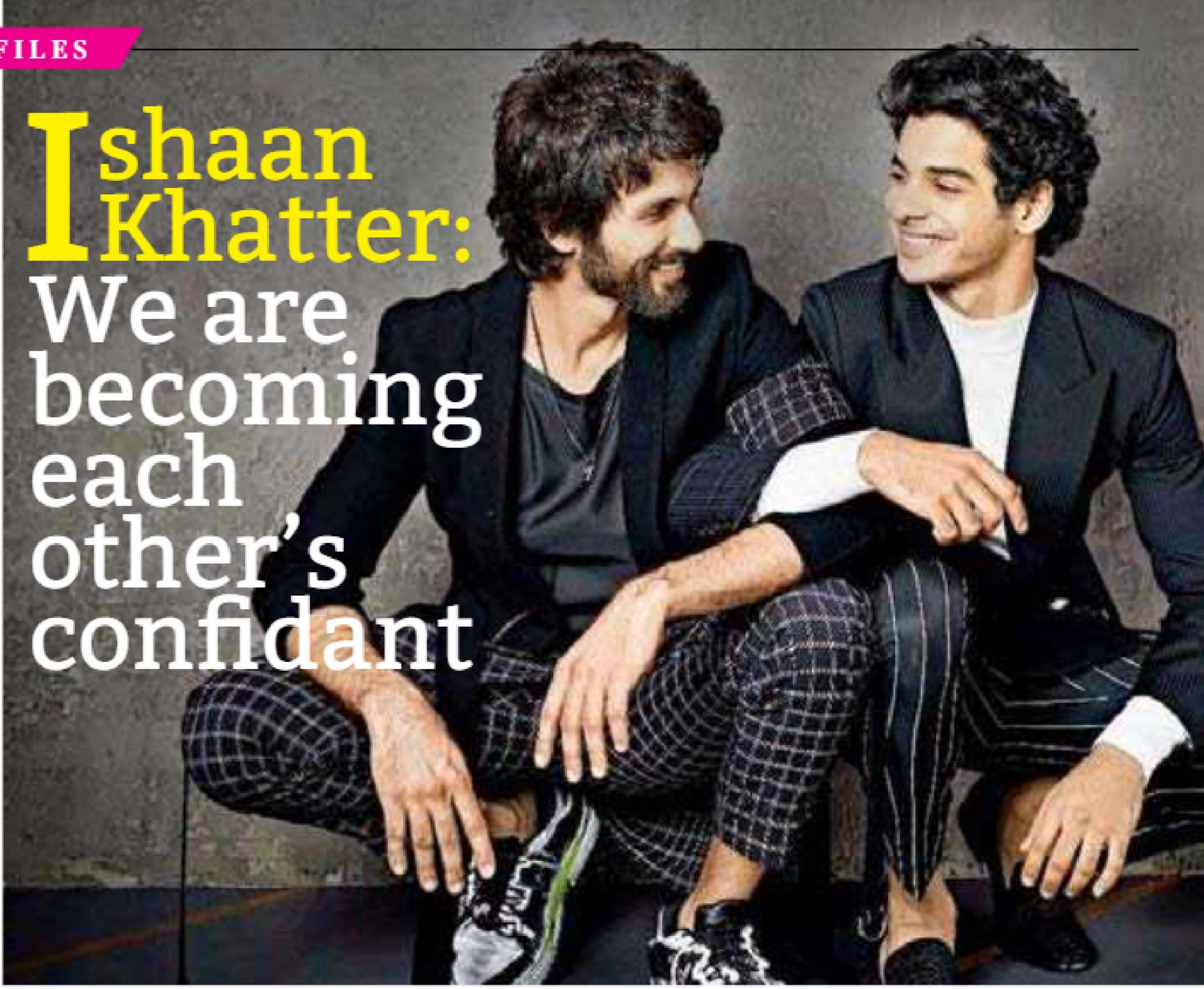
Rakul Preet urged the fans to watch the film before objecting to it as she ensures the film has been made to celebrate Indian culture and not hurt any religious sentiments. The film has allegedly hurt Hindu sentiments by making fun of Hindu Gods which is why Hindu fringe groups are demanding a ban on the film.

Rakul Preet said, "I would just refrain from saying anything. All I would say is that if we have hurt someone's sentiments, then please object to it. But please watch the film before anybody objects to anything."

She further added, "I think everybody has the right to object if the film is hurting a certain section of the audience, but I do not think that's the motive of the film. In fact, it's celebrating our culture in a beautiful way."

Thank God is directed by Indra Kumar and stars Ajay Devgn, Sidharth Malhotra, and Rakul Preet Singh in the lead roles.

Ishaan Khatter: We are becoming each other's confidant

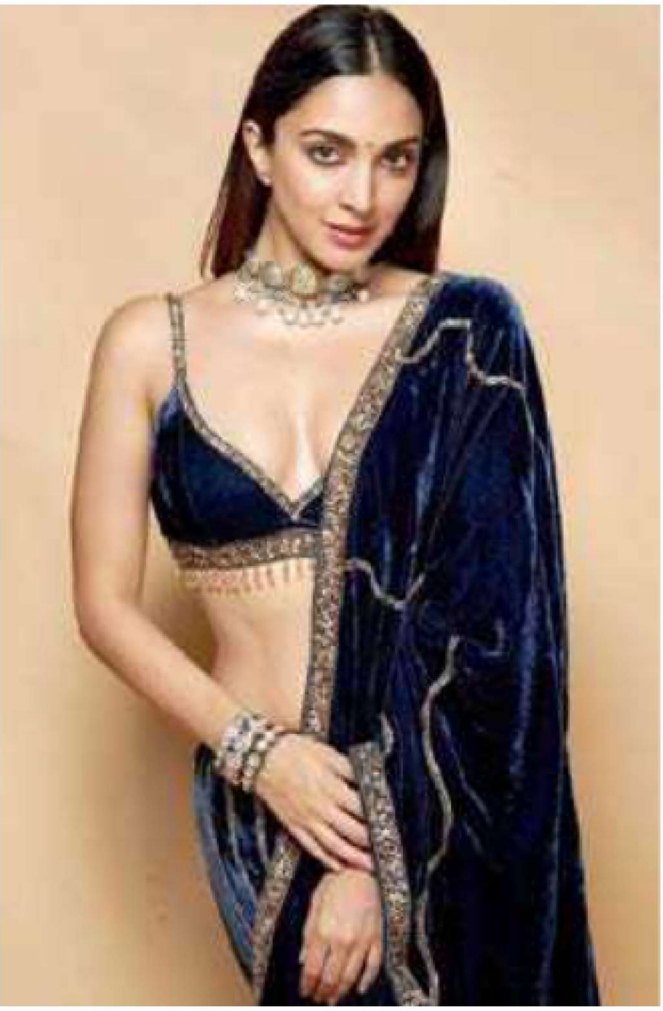


From travelling together to seeking his guidance, Phone Bhoot star Ishaan Khatter says his bond with actor-brother Shahid has evolved after his foray into movies

Shahid Kapoor with Ishaan KhatterA guiding force can be an invaluable support in the early years of one's career. For Ishaan Khatter , half-brother Shahid Kapoor has been his unflinching support system. Their relationship, he says, has evolved in the past few years as Khatter followed in the actor's footsteps and forayed into movies. So does he seek career advice from Kapoor? Yes and no. While their career paths form a major part of their conversation, Khatter says their common interests bind them together. "I always seek his guidance. He is an essential figure in my life, and has been a [source] of love and learning. I'm always looking to give him back the joy and companionship in whatever way I can. We are evolving into an interesting phase; we are becoming each other's confidant as we can talk about more things now. Plus, we have similar passions. So, we go riding, and watch films together."When it comes to his choice of projects though, Khatter always follows his instincts. After unconventional projects in Beyond The Clouds (2017) and A Suitable Boy (2020), his creative instincts have now led him to Phone Bhoot, a horror comedy with Katrina Kaif and Siddhant Chaturvedi. The idea is to experiment at this point. "I am at [the early stages] of my career. I have been fortunate to get varied roles, and be accepted in most of them. There is a lot to explore [in terms of stories]. I feel enriched as an artist when I [experiment]. I feel a sense of responsibility too. So, I am thoughtful about the choices I make." Phone Bhoot, directed by Gurmmeet Singh, teams him up with Kaif — someone he has admired for long. For Khatter, his rawness and her experience made for an interesting confluence. "She has so much experience as a star and actor, and has worked with interesting filmmakers. I was curious to see how it would be working with her. On set, she is hard-working and a thorough professional."

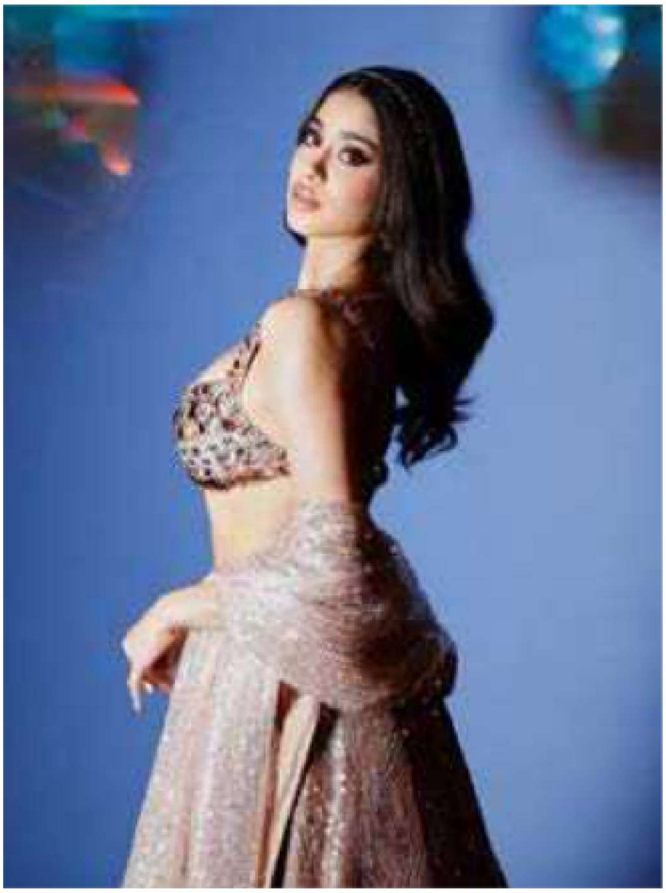
Bollywood 11 Best *Diwali Looks*

From slaying in saris to rocking designer lehengas, the glam quotient was sky high at Bollywood's Diwali parties this year.



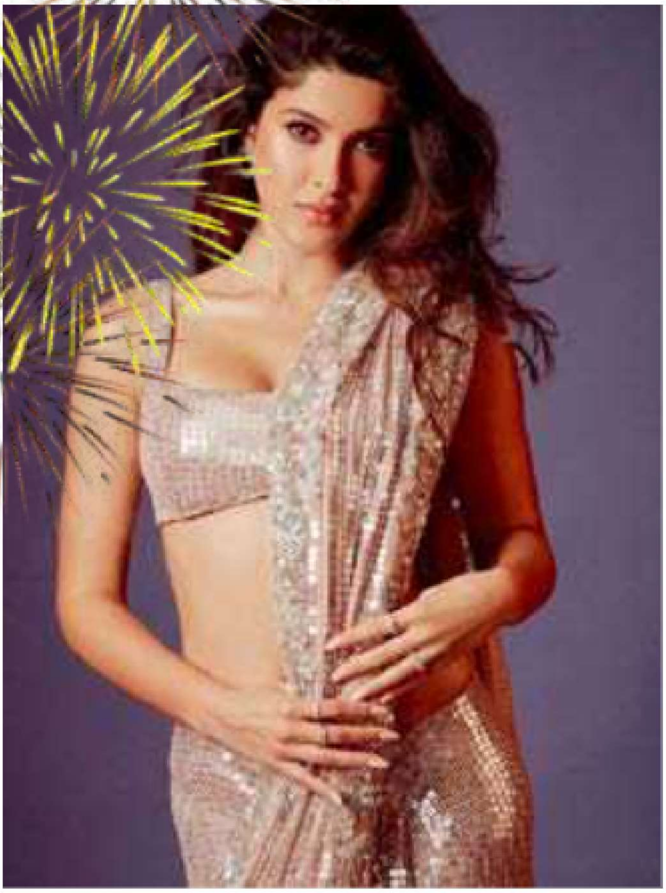
***Kiara Advani** royal blue velvet lehenga is both chic and classy.*

Minimal makeup and a statement necklace complement her overall look beautifully.



***Janhvi Kapoor** channels her inner princess in Designer Manish Malhotra's Swarovski jewelled blouse, teamed with a rose gold and copper coloured sequinned lehenga.*

We love how she completes her look with a studded hairband.



*S**hanaya Kapoor,** who is set to make her Bollywood debut next year, is a sight to behold in Manish Malhotra's signature sequined sari.*

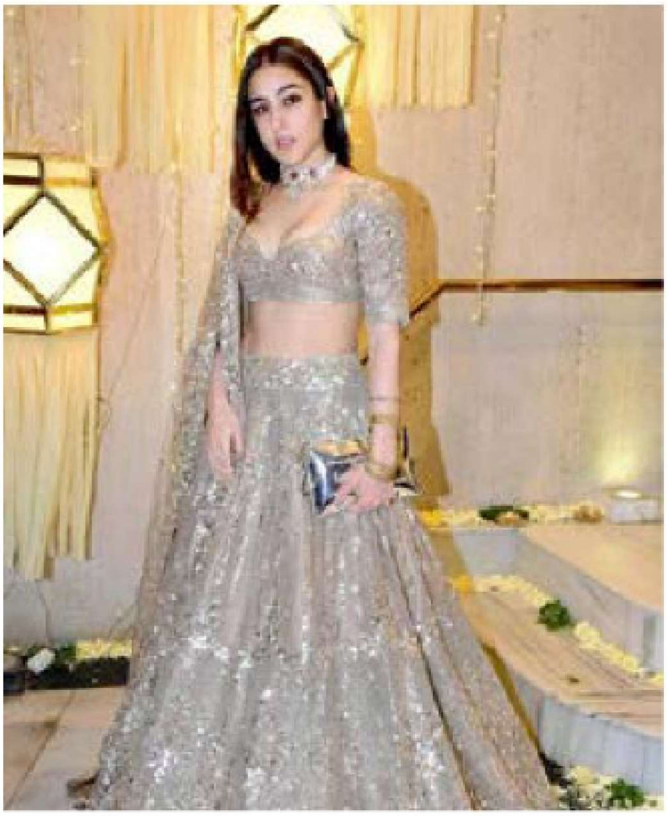
*A**nanya Pandey** ditches the conventional sari look and adds drama to her Diwali avatar by wearing a black chikankari sharara with a layered cape from Manisha Malhotra's latest collection.*

*Here's **Priyanka Chopra** living up to her desi girl tag in an all-white ensemble while twinning with her daughter and husband.*

Another sari looks done right!

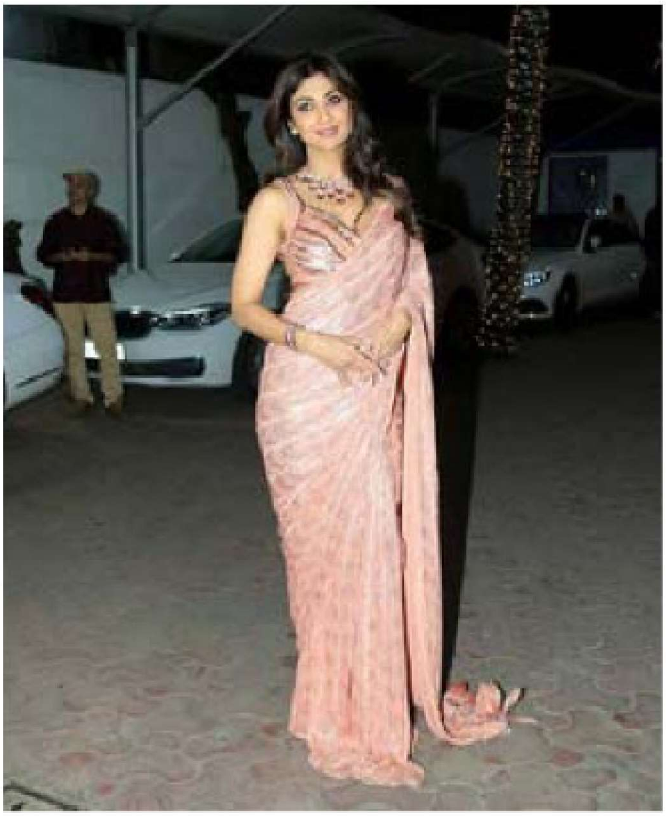
*K**ajol** goes for a shaded Manish Malhotra sequin saree and teams it up with a blouse that shows off her back.*

*We love **Athiya Shetty's** easy-breezy Diwali look in an ivory palazzo set and a matching hand-embroidered jacket.*



*If it's Diwali, there's no such thing as too much glitter, at least for **Sara Ali Khan.***

Her shimmery lehenga choli is so eye-catching.



Shilpa Shetty in a sari can never go wrong. She looks pretty in her blush pink sequined sari paired with an embellished strappy blouse.

*If it's Diwali, there's no such thing as too much glitter, at least for **Sara Ali Khan.***

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‘MOST ACTORS ARE, DEEP DOWN, A LITTLE INSECURE’

‘Shah Rukh Khan often tells me that people are not old, their thinking turns old.’

‘You can stay relevant as a person if you keep your thoughts new and updated.’

Saif Ali Khan may be a movie star and also the nawab of Pataudi, but he remains humble about the way he began his movie career.

Saif, who celebrated his 10th wedding anniversary with Kareena Kapoor on October 16, recalls how he was thrown out of his first film because, as he tells “I started with an English accent.”

You have seen the biggest successes of your career in two-hero films, and yet, you have been very secure as an actor. Where does that kind of security come from?

Firstly, it might be a misconception that it does a lot with security.

It’s not a very secure position in any sense.

You are happy to have a job, at one point.

I don’t know how I got into this profession.

I have done third leads also, and slowly, slowly, grown.

After a while, you feel, you can’t do this anymore.

Luckily, you grow because it’s not the best role, and after a while, you want the best.

I am lucky that I got to a position where I got those things, and worked for it.

I shouldn’t be so honest.

Most actors are, deep down, a little insecure, and then we make a show of being secure because we are actors.

But a director like Pushkar and Gayathri really treated me like a hero.

Pushkar told me to just calm down because he said, ‘You are the hero (of the film).’

They present you as such, but sometimes you are not well looked after, and everybody knows that.

Your role can even be different from what is written down.

So it takes integrity from the makers to bring that across and I think that is something amazing about their work and their ethic which I will never forget.

You complete three decades in the industry this year. How difficult has it been to keep yourself relevant?

I don’t know how to answer that.

I feel I have had a certain kind of mindset, maybe, you know, luckily.

Shah Rukh Khan often tells me that people are not old, their thinking turns old. You can stay relevant as a person if you keep your thoughts new and updated. For example, when I accepted Sacred Games, someone told my wife, ‘Oh, Saif will only do TV now.’

That’s when Sacred Games was not even a TV show, it was for an OTT platform.

So to understand the difference between Netflix’s Sacred Games and TV, for example, and to embrace that and be open to it.

I guess you are known by what you choose, right?

So maybe things like that have helped, and ultimately, the kindness of the audience.

Do you remember the first day of your first film shoot?

Yes, after that, I was thrown out of the movie!

I had to sing this song, and the line was ‘Chaahat ki rahon mein kyun itna darti hai?’ (from the film Bekhudi).

I had to tear the cobweb and sing this song, and I had never sung a song before.

I didn’t know what I was saying, and I was very young and very bad. I did it, and then I saw the rushes.

I think they all saw the rushes and they said, ‘No.’

So that’s where I started.

I started with an English accent (laughs).

‘I WANT TO HAUNT PRIYANKA CHOPRA’

‘I don’t watch horror films, so I don’t know how I ended up being in the film.’

Katrina Kaif reveals that the team behind her upcoming film Phone Bhoot received a pat on their backs from her actor-husband Vicky Kaushal who loved the movie’s trailer.

She features in the horror comedy alongside actors Siddhant Chaturvedi and Ishaan Khatter. It is directed by Gurmmeet Singh of Mirzapur fame and produced by Farhan Akhtar and Ritesh Sidhwani’s banner Excel Entertainment.

“Vicky absolutely loved the trailer. He had such a good reaction and that gave us even more confidence and happiness. He feels the film is fun and people are going to connect to it,” Kat says.

“I think right now people want to come (to cinemas) and have a good time, watch something funny, and enjoy themselves. That’s all we are hoping this film will do,” she adds.

Written by Ravi Shankaran and Jasvinder Singh Bath, Phone Bhoot features Katrona as a ghost with Siddhant and Ishaan playing a ghostbuster duo.

“I don’t watch horror films at all, so I don’t know how I ended up being in the film,” confesses Katrina

Katrina says she found Ishaan and Siddhant’s enthusiasm for cinema at par with the three Khans of Hindi film industry, Shah Rukh, Salman and Aamir.

"The similarity is that the enthusiasm and love for cinema is the same. They (Ishaan and Siddhant) are very smart and bright. What I love about them is they are spontaneous and good at improvisation. For me, that was required in a film like this because when you are in a scene, you have to see what's working and not just go by the script," she says.

Phone Bhoot is Siddhant's second release of 2022 after the critically acclaimed Gehraiyaan.

The actor said his intention is to pick diverse roles and films: "It is a conscious effort to do different characters because I will get bored doing the same thing. If I had to do the same kind of work, then I would have done CA (chartered accountancy).

"I wanted to explore different things. Hence, the previous movie was different and this is a comedy, in which people have not seen me much. I want to surprise everyone," he adds.

Ishaan considers Phone Bhoot a 'buddy film'.

"Every film has a world and you need to get into every character. But for this film, it was required that we have that banter (between us) and we have tried to have fun with it," he says.

"The exciting thing is Siddhant and I were able to do a buddy film. We have grown up watching films like Jaane Bhi Do Yaaro, Andaz Apna Apna and it is a buddy film inside a horror comedy. I was excited to explore this genre," he adds.

Producer Farhan Akhtar called Phone Bhoot a 'comedy of horrors'.

According to him, there was no harm in exploring the horror comedy genre despite the success of movies like Stree, Bhool Bhulaiyaa 2 and the failure of films like Roohi, Bhoot Police.

"The story has to be good and entertaining. Every kind of film is being made often, like love stories, action, dramas and revenge dramas. This is also a genre, we just have to make sure the story is not the same," Farhan adds.

Which celebrity would Katrina like to haunt?

"I would want to haunt Priyanka Chopra for a day to understand how she manages to work as much as she does, fly here, fly there," she says.

Phone Bhoot opens in theatres on November 4.

'AMITJI HAS NO COMPETITORS'

By'In the last seven years or so, many reigning heroes have stopped working with him because no matter how popular a star they are, irrespective of whether they are playing the lead, it eventually becomes an Amitabh Bachchan film!'

The Bad Man of Bollywood and the Big B have enjoyed a long association, punctuated with movie memories and off-screen bonhomie.

As Amitabh Bachchan turns 80, Gulshan Grover gets candid in a conversation with "During Race 3, Salman Khan was trying hard to project Anil Kapoor as someone who could fit into the Amitabh Bachchan mold. That didn't happen because there is only one Amitabh Bachchan and he has no competitors!"

'Amitji wowed Gen X as a hip dad with swag'

The first thing that comes to my mind when I think of Amitabh Bachchan is that this man has single-handedly changed the look and positioning of older actors in Hindi cinema.

Before him, actors like Ashok Kumar, Alok Nath and Anupam Kher had played babuji or pitaji like a real father usually was, past his prime, often with a receding hairline and out of shape, dressed in out-of-fashion kurta-pajamas.

Amitji broke out of the mould, sporting designer suits and a stylish goatee, wowing the Gen X as a hip dad with swag as he swung to Shava Shava in Kabhi Alvida Naa Kehna.

It was a gamble that could have backfired, but in his second innings, he was ready to take on daringly different roles that he couldn't have risked when he was the 'hero'.

In the process, he created another kind of stardom that was as big, maybe even bigger, than what he had enjoyed when at his peak.

This was something that had never happened in Indian cinema before.

'There is only one Amitabh Bachchan and he has no competitors'

He has given dignity and brought new opportunities for other ageing actors who till then, had been living on their laurels, posting yesteryear pictures and videos online.

While a number of his contemporaries and seniors have made a comeback on screen since, he still occupies the Number 1-10 slots.

During Race 3, Salman Khan was trying hard to project Anil Kapoor as someone who could fit into the Amitabh Bachchan mould.

That didn't happen because there is only one Amitabh Bachchan and he has no competitors!

In fact, in the last seven years or so, many of the reigning heroes have stopped working with him because no matter how popular a star they are, irrespective of whether they are playing the lead, it eventually becomes an Amitabh Bachchan film!

'He was one of the first to understand the power of social media'

Amitji's experiments with cinema didn't stop with the big screen.

He stepped into television and entered our living rooms with Kaun Banega Crorepati.

That KBC is one of the longest running shows today is testimony to the fact that it has not just the audience hooked, but is also working commercially.

Had that not been the case, the makers and the channel would have told him long ago that they love him and brought in another host.

Amitji was also one of the first to understand the power of social media.

Long before any of us got wise to it, he was writing daily blogs.

His laptop would be set up the minute he arrived on a set so he could post live updates.

Back then, not everyone was impressed by his 'reporting'.

They groused that he should leave it to journalists to do their jobs.

He was unfazed by the sniggers and snide remarks, he understood the power of social media.

'It was a picture-perfect moment, with Amitji and Rajinikanth sir'

He even started bringing along his own photographer, and later his videographer, to every function he attended.

The videographer came with his lights, walking backwards, filming Amitji as he posed with and chatted with colleagues.

I wanted the picture for my personal album and asked for a copy, complaining to Jayaji (Bachchan) that their photographer never sent me pictures.

She reprimanded him, instructing him (the photographer) to mail me a copy the next morning.

He gestured that he would need Amitji's permission.

The picture never came.

Amitji was very possessive about these pictures and videos, they were for his library.

But a couple of months later, after Kussh returned from his honeymoon, when he was sorting through the pictures taken that evening, he came across a similar photograph and sent it to me.

'As I was getting out of the elevator, I saw Poonam Sinha racing down the corridor'

Incidentally, I was among the first guests to arrive at the reception.

As I was getting out of the elevator, I saw a frazzled Poonam Sinha racing down the corridor, her make-up half done, tearing the curlers out of her hair.

'Kya hua bhabhi? (What's the matter, sister-in-law?), any problem?' I enquired.

Grabbing my hand, she said, 'Amitji and Jayaji have arrived. Sonu (Shatrughan Sinha) and the kids are still getting ready. You have to keep them engaged.'

Having defined my responsibility, bhabhi greeted the power couple, then ran back to her suite to finish dressing.

I sat down with Amitji and Jayaji and we were soon chatting amicably.

After a while, he started getting restless, sharing that he had to leave soon for a shoot.

I looked at him, dashing in a purple shirt and a black velvet jacket, and quipped, 'Amitji, you are looking sexy.'

He looked at me gravely and said, 'Do you know my age?'

When I nodded, he added, 'At my age, yeh shabd achcha lagta hai kya? (At my age, is the word appropriate?)'

I retorted, 'Bilkul achcha lagta hai (Of course, it is)'.

The banter set the tone for the evening.

Two hours later, Shatrughan Sinhaji finally made an appearance and Amitji's famous baritone boomed from across the room, 'Yaar Sonu, it is customary for you to be late, but at least you could have told your children to come on time.'

His reaction was, 'But why should they be punctual? This is a shaadi, not a shooting.'

And everyone burst out laughing!

'Amitji replied, "I think I will take the longer route then"'

Cut to another wedding reception later in the year, of **Mukesh Bhatt's son Vishesh and Kanika.**

It was on November 28, 2015, at the Land's End Hotel in Bandra (north west Mumbai).

As Akshay Kumar and I were walking out, we saw a light bobbing from a distance.

It was Amitji, accompanied by his videographer.

Spotting us, he asked Akshay which route he should take to the stage.

Keeping a straight face, Akshay told him that he could take the shorter route, but chances were that Bhatt saab (Mahesh Bhatt) would engage him in a stimulating discussion and it would be an hour before he could make his way to the newlyweds.

'Or you could take that other route, through the garden, that will take you directly backstage. But it's longer,' Akshay warned.

Amitji replied with a twinkle in his eyes, 'I think I will take the longer route then.'

It is this gentle humour that endears him to his colleagues.

He never behaves like a superstar or a senior actor, he is always warm and friendly.

'I never saw Amitji lose his cool, he would just fall silent'

There's a film which he would perhaps like to forget, but for me, Boom is memorable because I got to spend a lot of time with him and it was a great learning experience.

He plays my elder brother in the film whom I pretend to like, but given the opportunity, would kill in a flash and take over his business empire.

During the shoot, a lot of things went haywire, but I never saw Amitji lose his cool.

If he could, he would try to fix the situation or he would just fall silent. That's a rare quality.

'I love Amitji for his spirit and his humour'

When we were in Los Angeles for the shoot of Kaante, I learnt that he was not keeping well.

So though I was not required on the set that day, I dropped by to see Amitji.

As I arrived, I saw him step out of his vanity van.

I walked up and said, 'Amitji, I believe you haven't been well.'

'Oh yeah,' he nodded.

'What happened?' I asked.

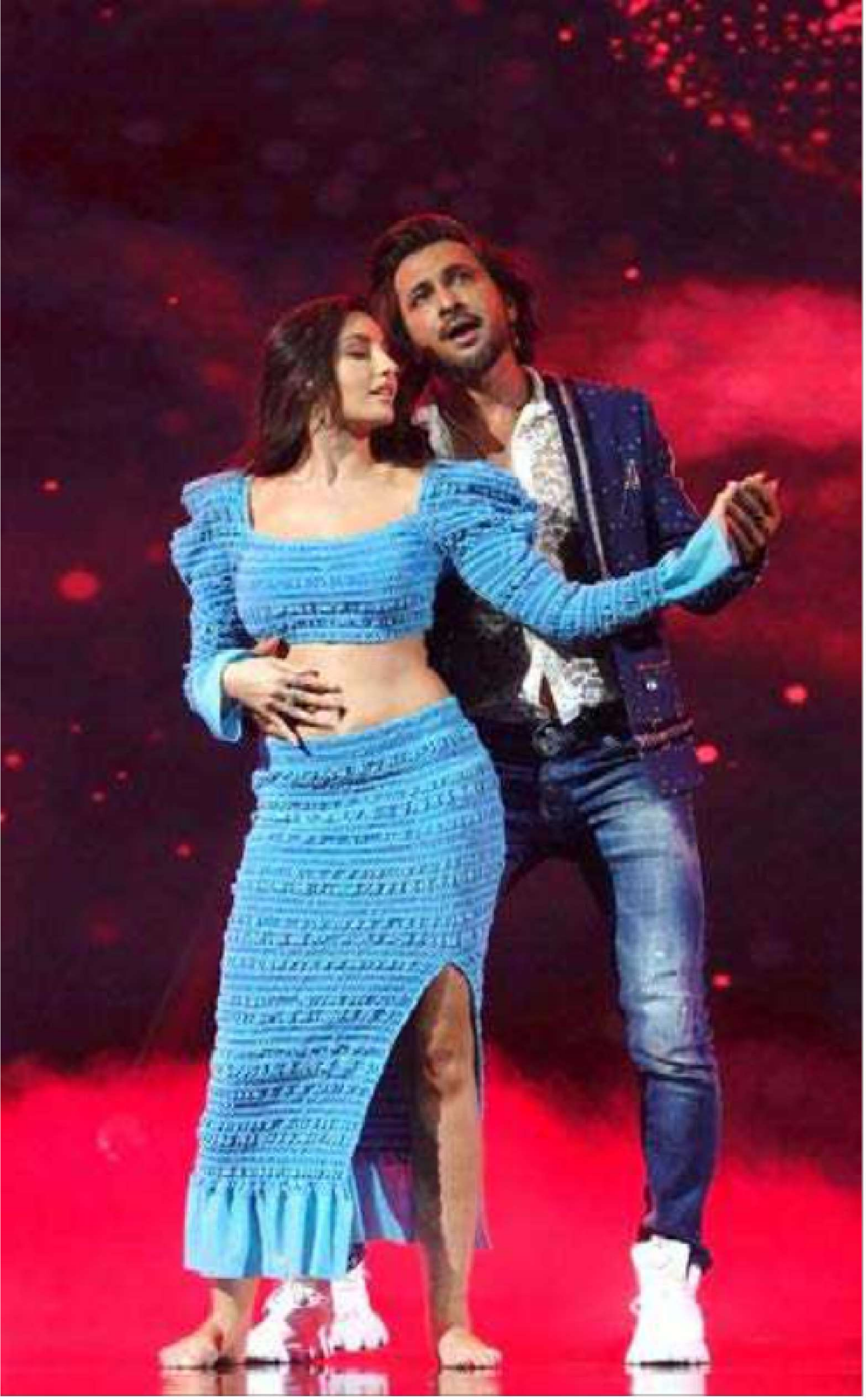
He quipped, 'I could speak about it in great detail, but I don't think you will be interested. So suffice to say that yes, I was unwell, but I am fine now.'

I love him for his spirit and his humour.

I am a very driven person myself and I still work very hard.

So does he, though for him, there is nothing more left to conquer. Money, happiness, success, by the grace of God he has it all

Yet every morning, he gets up and leaves for work and in doing so, sets an example for all of us.



TERENCE LEWIS OPENS UP ON CONTROVERSY WITH NORA FATEHI 'I GOT ABUSED IN MY DMS'

Pouring his heart out on how the situation was misinterpreted and how he was severely abused for the same, Terence revels it all as he indulges into a candid conversation with Maniesh Paul

Weaving yet another interesting conversation on the latest episode of The Maniesh Paul Podcast, friends for more than a decade now, the host Maniesh Paul and Terence Lewis indulged in a candid conversation where Terence Lewis reveals the story behind the viral clip of Nora Fatehi and himself. Popularly referred to as the contemporary gig of India, Terence Lewis opened up on the controversy related to Nora Fatehi. Pouring his heart out on how the situation was misinterpreted and how he was severely abused for the same, Terence reveals it all as he indulges in a candid conversation with Maniesh Paul. Beginning the conversation by clearing some air on the much talked about controversy over the viral clip with Nora Fatehi, where Terence was accused by the audience of behaving in inappropriate behaviour, the choreographer clarifies by explaining the entire incident. Lewis tells Manish, "It was a simple situation. Shatrughan Sinha and his wife had come. Geeta Kapoor felt that we had to do full namaskar to greet them. That week, Malaika Arora had COVID, and Nora stepped into her shoes. I said okay, fine. We did namaskar as respect, but suddenly, Geeta felt that it was not enough and wanted us to do more. So we

followed her directions. I don't even remember if my hand touched her (Nora), I don't know even if it is really touching." Further, Terence says, "On a fair note, two weeks before, Nora had come on the show and asked me to dance with her... Why would I want to do something like this, when there are four cameras around? This is too cheap, you can't do this. I got abused in my DMs...".

Talking about the other side of social media, Terence mentions how the clip appeared real to him, and was confused if the incident had actually taken place or not. Talking about reactions of himself and Nora, Terence mentioned how he called Nora and the two joked and spoke about how the clip has been projected and has gone viral.

Going further in conversation on the same, Terence says, "I've already danced with her in close proximity, and when you're in the middle of it, you are not thinking in that zone. We are so focused, you cannot be in two worlds, and you need a lot of guts to do something like this".

Post giving a statement on the controversy, The episode goes on with interesting tales as Maniesh and Terence weave an interesting conversation about the world of reality TV shows, the nature of the entertainment industry, their struggles and more. Going with the flow of conversation, Terence appreciated the host for his hosting skills and mentions, "Maniesh's hosting level is something".

The Maniesh Paul Podcast has always aimed to create an environment that is free from any element that would hinder a heartfelt conversation. From Govinda-Krushna's confession to each other, to Bharti Singh opening about her life and people from different walks of life, Maniesh Paul has always maintained the safe space for the artist to speak about the untold tales of their lives without any hesitation. One of the rare platforms, where the audience can witness a transparent side of the artists has been created at The Maniesh Paul Podcast.

Apart from the podcast, Maniesh Paul has completed the shoot for his first web show and is currently shooting for the latest season of Jhalak Dikhla Jaa.

‘WHERE DID KAPIL SHARMA LEARN TO ACT LIKE THIS?’

'Karenge aur kaam, sir. Zindagi bahut choti hai, ideas bahut sare hain.'

Kapil Sharma has made a career laughing at and with Bollywood stars like Shah Rukh Khan, Alia Bhatt, Anushka Sharma and Akshay Kumar.

Then one day, out of blue, he got a call from Nandita Das, one of the leading faces of indie Indian cinema.

Das offered Sharma the lead role in her new film Zwigato and the comedian accepted the challenge.

Zwigato -- Das’ third film as a director -- recently premiered at the Toronto International Film Festival. Das co-wrote the film with her friend Samir Patil, the CEO of Scroll.

Zwigato is a tale of a working-class couple coping with the economic downturn because of the pandemic.

After Manas (Sharma) loses his factory job, he becomes a food delivery man for a company called Zwigato driving his motorcycle around Bhubaneswar. He earns Rs 15 per delivery, carrying food from restaurants and dealing with impatient customers.

Meanwhile his wife Partima (a radiant Shahana Goswami) gets a cleaning job in a mall in the city.

Kapil Sharma is a revelation in Zwigato, playing a quiet, brooding character, far removed from his popular, but loud comedy shows. There is a real actor in him that no one had explored.

“Comedy shows are my bread and butter. But because of that, I was motivated to look for something else to do” Kapil tells Aseem.

You know Kapil, Nandita Das told me that she had never seen any show of yours. Then she watched a clip of yours with Karan Johar at an awards function and she was somehow convinced that you would be her Manas. But had you watched any film with Nandita?

Yes, I had seen her in 1947 Earth and Monto, which she directed.

You hear the names of actors and film-makers.

When Fire was about to be released I was in the 10th standard. There was a lot of controversies and so I was curious to see that film.

I had no idea what issues the film dealt with.

These days kids in the 10th class are very smart. At my time there were no social media. I was 14 and living in a small city, so there was this curiosity.

When the offer came for Zwigato, I thought about it and realised that perhaps this was the only time someone would offer me a serious film. And this offer was coming from Nandita Das.

I knew I would be in a safe hand.

She is so well known in her field, so she will let me stay honest to the plot and character. She wouldn't let me flounder.

You have such a successful career and your show's success is essentially based on all the big stars who appear as guests. So why did you even have to act in a small-budget film?

I am over 40 now. I acted in some plays while I lived in Amritsar and also in Delhi.

I had never planned to take up comedy as a career choice.

I wanted to become a singer. My father also felt that.

I would sometimes get to sing in the theatre.

Actually, those plays hardly had any budgets so anyone who could play the dholak and sing a little bit would get a chance.

But you have real skills in comedy. You are genuinely funny.

I think everyone is doing comedy in our city.

I have seen many episodes of your show. I know much of the show is scripted, but I am amazed at your quick responses. That's Kapil Sharma's mind speaking.

I really enjoy that. Even interacting with the audience.

They are like me -- from Rajasthan or Punjab. It gives me a lot of satisfaction. So you can relax and make a lot of money.

You have bought a house, a car. But I am not a businessman. I am an artist. And somewhere I need that kick.

We just launched our new season in early September and I had to record quite a few shows and bank them.

Before that, I was in Australia doing live shows. But here at TIFF, I saw the film for the first time.

I really wanted to see how I looked. That thing about doing something new, I think that is really important in the life of an artist.

Do you think you have taken a risk? Could an art-house indie film like this impact your television career?

No, I didn't think like that.

I recently told my wife, if this film doesn't work, I will not lose anything. But if it succeeds and is a hit then I will get a lot from it.

People will say 'Kapil ne bahut accha kaam kiya hai.' It is important that more and more people watch the film.

Comedy shows are my bread and butter. But because of that, I was motivated to look for something else to do. Socha kitchen safe hai. Pange lete hain thode se.

Someone asked weren't you afraid? I said why should I be afraid? Woh dukaan to apni chal hee rahi hai. I am just adding on to that.

I am sure many people will come to see the film only because you are acting in it.

I am sure my fans will come to see the film at least once.

I saw the film and I am a good critic of my own work.

I can tell you Nandita has made a very good film. I really enjoyed watching it.

While I watching the film, I kept saying to myself. 'If I do this scene again, I will do it better.'

I told Nandita that, and she said 'You sit down. Everyone feels that when they see themselves on the screen. Even I think that I could have directed a better film.'

How much did you know about delivery people before you worked on this film?

We see delivery guys when we step out, but I had never given much thought to them.

You usually don't think about the delivery guys who come to your home.

Sometimes you don't even say thank you. But Nandita has beautifully shown the lives of those around us, the struggles in their lives.

But as a celebrity how did you connect with them?

I feel that first of all we are human beings.

I have never worked as a delivery man. But delivery people live around us.

I have worked in a factory. People would sometimes treat me badly as well.

If someone is working for you, and you don't say thank you, but at least treat that person properly.

Someone asked me how did I get into this character? My response was I came out of this character. I am the same person.

But how did you know you could become this quiet, brooding, character? TIFF has promoted a clip with you and Shahana sitting in the bedroom, talking about your finances. Shahana has been in many films, but when I saw the clip I thought 'Where did Kapil Sharma learn to act like this?' When you watched yourself did you wonder you could perform like that?

I have to give credit for this to Nandita.

I am used to talking a lot in my professional life. But in this film you only speak what is written in the script.

She wrote a beautiful script with nuanced characters.

I also think once you wear the costumes of the character, his worn shoes, ride the bike, you can transform into that person.

I have seen this life. I think I would have to work hard if I had to play the role of a villain. But in this film I play a common man.

Nandita told me she selected me because my face is very ordinary. I said, yes, that is true. I got a lot of help from my background.

How did she direct you?

Pagal hai woh!

All directors have to be pagal.

But I have seen many other directors, but they just do their work.

Nandita is different. One day before the shoot my bike had to be aged. She stated to scratch it to get the perfect feel of an old bike.

When the costume department bought new clothes, she gave them to someone of my size and took that person's used clothes.

But then when I saw the film,

I understood why Nandita was doing all this.

She is a very good actor so I learned many small acting techniques by talking to her.

She holds you, never letting you overact or underperform.

How did you perform with Shahana, especially since is an established actor?

I feel when your co-actor performs well -- and Shahana is a mind-blowing actor -- it helps in your performance.

I was telling Nandita that we don't see Shahana in the film. She becomes Pratima with the sari, her accent, little details. It helped me a lot.

You would wake up in the morning, go the set and become Manas. Would the character stay with you when you returned to your hotel or you could switch to becoming Kapil Sharma?

When we started shooting the film in Bhubaneswar, Nandita set the call time at 6 am.

In Bombay, we don't sleep before 3 am. First two days I struggled a lot just to follow the shooting schedule.

Also, I would go to the gym in the morning, before heading to the shoot. But I would leave the hotel with the Zwigato t-shirt, the character's shoes. The shoes would change my pace of walking.

Sometimes we would finish earlier, but then Nandita is lalchi and she would say let's do another quick shot.

So she never gave me the chance to become Kapil Sharma. I almost always stayed in the character.

When you spend a long time staying in the Manas frame of mind, a food delivery man, does it change you in some way?

Recently, my wife had ordered a cake and delivery guy came to our house.

He was nervous when I walked up to him as if he had done something wrong.

He apologised as the cake had fallen and broken into smaller pieces in the box. He offered to go and get us a new cake.

I told him not to worry since I had to eat it with a spoon. And the taste would not have changed.

Small things like never affected me, until I played this role.

So have you been bitten by the indie film bug?

I really had fun working on this film.

For many years I was doing the same thing and then suddenly I was asked to stay quiet and express my emotions using my eyes. There is a special pleasure in doing this kind of film. I think if they had offered me this role 10 years ago I would not have been able to play this character.

You grow with your age as a human being and as an actor.

Karenge aur kaam, sir. Zindagi bahut choti hai, ideas bahut sare hain.

WANTED TO LEAD A SIMPLE LIFE'

'People are talking about my character and about my performance. That is overwhelming for me.'

Madhuri Dixit returns to regale audiences with her new film, Maja Maa, which sees her as an everyday woman.

It's a film she's enjoyed working in for various reasons.

"This film gave me the chance to do my first ever garba performance!"

Did you enjoy shooting for Maja Ma?

Oh yes, absolutely! It was truly maja on the sets of Maja Maa, a whole lot of different and surreal experiences because this movie came with many firsts for me.

It was my first time working with Amazon Prime Video and Leo Media Collective, Director Anand Tiwari and Producer Amritpal Singh Bindra.

Also, this film gave me the chance to do my first ever garba performance!

Apart from that, the script was something that drew me to it.

I found my character, Pallavi Patel, to be so interesting and challenging.

So yeah, when there are a lot of things that you admire in a project, you tend to enjoy every bit of it.

Earlier this year, you made your OTT debut with The Fame Game. Do you see OTT platforms as the way forward?

Oh yes! There are so many kinds of roles being written for streaming services and that really provides us actors with the opportunity to explore our craft and challenge ourselves.

Stories on OTT platforms are unique and a lot of them have women as the focal point, which is great.

OTT platforms are a medium of connection between so many countries, and they have made women the highlight of a lot of the content that goes out to the world.

I think OTT is definitely going to lead the way for entertainment in the future, where artists, especially female actors, can play complex and layered roles.

As a wife and mother, how closely did you identify with your character in Maja Ma?

She tries her best to be the perfect wife and mother, pretty much like every wife and mother out there.

They take care of their husbands, try to be friends with their kids so that they confide in them and do it all expecting nothing but love and respect.

So yes, these are the traits of a regular mother and, unsurprisingly, Pallavi has the same feelings.

But apart from being a wife, a mother, and a daughter, she is a woman of her own. We have tried to showcase that as well.

Have you ever felt that your career was diminished because you chose to take a break at the peak of your career?

No. I always wanted to lead a simple life and spend time with my family.

Earlier, we used to do multiple projects together. Sometimes six-seven films at the same time and as a result, I did not have time for myself.

It was all work and then home.

But when I got married and moved to the US, I found it liberating in a way that I understood myself, who I am as a person and how I process things.

Also, whenever I used to travel abroad for work, it was always for my job and when I would wrap the schedule, I would return home.

But after getting married, I finally got the chance to visit those places as a tourist.

The time I spent in the USA was a blessing as I got to spend time with my husband and kids. It was a win-win situation for me.

What was it like shooting with the director and cast of Maja Ma?

I've learned so much from everyone while working on the film.

The most mischievous of the lot was our director, Anand Tiwari. He is a ball of energy.

I remember he was the one dancing the most while shooting for the song Boom Padi.

Gajraj Raoji has the perfect comic timing. His one-liners in the film, while the shot is going, were impossible not to laugh at. And I didn't want to ruin his shot.

I had to try really hard to avoid laughing, so I used to sing sad songs in my mind.

I loved working with the younger lot, Ritwik Bhowmik, Srishti Shrivastava and Barkha Singh. They are so talented and hard working.
when I was their age, I knew so little about films. I learnt along the way, on the job. but they already know so much.

They understand cinema, they understand the work. They are full of joy and full of life and whenever they used to come on set, the set got a life of its own. That also inspired me a lot.

You could have long conversations with them, and learn so much.

Are you doing another season of The Fame Game?

Currently, I am busy with the promotions of Maja Maa and shooting for the new season of Jhalak Dikhhla Jaa.

I am excited about the audience's reactions to Maja Maa when it premieres on October 6.

At this point, I only hope that they love me in this new avatar.

Are your sons inclined towards a career in acting?

Right now, they are focusing on their studies.

I honestly don't know whether they want to make a career in acting.

I would be okay with whatever profession they choose.

I feel kids should follow their passion. Once you are passionate about something, you will enjoy your work.

WHY SANJAY LEELA BHANSALI MAKES HIT FILMS

'Sanjayji is so spontaneous that you come to know immediately whether the dialogue or the script has touched him or not.'What is the secret to the success of Sanjay Leela Bhansali's films Devdas, Black, Bajirao Mastani, Padmaavat, Gangubai Kathiawadi?Prakash Kapadia, 60, has been working with Bhansali for 20 years now, dreaming up beautiful scenes and penning dramatic dialogues to ensure his movies charm audiences.

Kapadia tells "One day, I reached Bhansali's office and he told me to give him the script of Padmaavat. So I asked him to give me 10 minutes. Then I went to him and narrated the entry of Khilji. He was so happy, he came out of his office and told everyone to leave whatever they were doing, and announced that the next film would be Padmaavat."

The first of an enchanting two-part interview:

Whose idea was it to make Gangubai Kathiawadi?

Sanjayji was planning a film (Inshallah), which did not materialise, and we already had the first draft of Gangubai written by his assistant (Utkarshini Vashishtha).

He gave it to me to rewrite it.

Since Alia (Bhatt) was going to do the other film, it was already decided that she would do this film. So I wrote the script keeping her in mind. I knew her strengths. Plus, Sanjayji had done a lot of sessions with Alia for the previous film and he had given me a lot of inputs about her.

Are you present on the sets during the making of the films you've written?

Yes, I always go on the sets, whether it is Sawariyaa or Black because when an actor or director is stuck on the sets, as a writer, I may come up with something new.

Sometimes Sanjayji wants a new dialogue or a scene improvised, so I have to be there to write it.

There are some sequences we write on the spot.
For instance, when Alia transformed into Gangubai and dressed in the white sari, I suddenly thought of this line: 'Kehte hain Kamathipura mein kabhi amavasya ki raat nahin hoti, kyon ki wahan Gangubai rehti hain.'

I told Sanjayji. He liked it and we added it right there.

Gangubai Kathiawadi has many hard-hitting dialogues like ' Arey jab shakti, sampati aur sadbuddhi yeh teeno hi aurtein hai, toh in mardo ko kiss baat ka guroor' or 'Kuwari kisine chhoda nahin aur shreemati kissine banaya nahin. How do such lines come to your mind?

If you stay in a particular area, you know about some things.

Like, if you stay close to a masjid, you will know how to say the azaan since you listen to it every day.

I am always surrounded with people who like beautiful things. Even my director is like that. Therefore, I have to write beautiful things.

The first dialogue is from my one-act play, Manusmriti. I thought it was appropriate in this film, so I used it.

I have used decent language in the film, so it is bit flowery, and is not the typical Kamathipura language.

From the first draft written by the assistant to the last draft written by me, most of the scenes have been the same.

But I have written the Ajay Devgn scenes as well as the dialogues.

I like to write things which are beautiful.

If you see Mother India, Nargis' character lives in so much in poverty that she sells utensils to buy food for her children. But the altaa on her feet, her lipstick and bindi are intact. I like those things.

In the olden days, the kotha was a beautiful place.

Young boys from rich families were sent to kothas to learn etiquette.

You have written historicals -- Bajirao Mastani, Padmaavat and Tanhaji: The Unsung Hero.

The first film I wrote was Devdas.

After that, I did Black, which is a biopic on Helen Keller.

I had written a play on her in Gujarati and that I made in Hindi.

Sawaariya was a fictional story.

Bajirao Mastani was a historical, which I wrote right after Devdas. But because of some casting issues (Salman Khan and Aishwarya Rai were supposed to star in the film, but they opted out), it went on a backburner.

After 10 years, we decided to do it.

After that, we did Padmaavat because we thought this is the right age for us to run around and do a huge film like Padmaavat where you will have to take a megaphone and give instructions to the huge cast during a war sequence.

After that, I wrote a Marathi film Katyar Kaljat Ghusali. During its making, I met (Director) Om Raut, who asked me to write Tanhaji.

It was supposed to be in Marathi, but after writing it, we thought the budget of the film is huge and it will be difficult to recover it. So we decided to make in Hindi.

All historicals are like biopics. They require a lot of research.

Do you have a role in the casting process?

Sanjayji shares everything that he is doing with everyone in the office, and asks them what they think about it.

He listens to everyone, but later, he decides.

After working for years with him, I know his process and he knows mine.

When you write for Bhansali, what are the things that you have to keep in mind? How easy it is to please him? When we were shooting for Bajirao, I started working on Padmaavat.

I had not written anything, but the process had already started in my mind.

One day, I reached Bhansali's office and he told me to give him the script of Padmaavat. So I asked him to give me 10 minutes.

Then I went to him and narrated the entry of Khilji.

He was so happy, he came out of his office and told everyone to leave whatever they were doing, and announced that the next film would be Padmaavat.

I took five days -- and that's a lot of time -- to write the speech that Alia gives in Azad Maidan in Gangubai.

When I reached the sets, they were shooting.

I read out the scene after the shoot was over.

After he heard the speech, he was in tears because of the dialogue,'Aapki izzat ek baar gayi toh gayi, hum toh roz raat ko izzat bechti hain, saali khatam hi nahi hoti'.

He told me,' Kamal ka thought hai Prakash bhai, aapse jyaada izzat hai hamare paas'.

He said the dialogue was worth five days of writing because it would work like magic in theatres.

Sanjayji is so spontaneous that you come to know immediately whether the dialogue or the script has touched him or not.

Once I finish writing, I always narrate to him. If he doesn't like it, I change it.

But if I am convinced what I have written is right, I tell him a second time and put my point across. But still if he doesn't agree, I listen to him because he's the captain of the ship.

There are no ego hassles between us. The answer lies with his writer, Prakash Kapadia, and he explains it here.

How do Bhansali and you decide on the next film?

It is his suggestion because he thinks like a director as well as the producer. He has a better understanding of these things.

If I think, I will decide just based on the subject.

But he knows whether it's the right time to make it, whether we will get right casting, whether we will be able to generate money to make the film, if a corporate joins the film, what will be their opinion...he thinks of all this.

Which is your favourite Bhansali film?

It is yet to come.

You started working with Bhansali after Khamoshi and Hum Dil De Chuke Sanam. You did not work on Guzaarish and Goliyon Ki Raas Leela: Raam Leela. Why?

Sawaariya did not do well.

The next film was not finalised, it was taking time and I needed money.

I can't ask him (Bhansali) to pay my bills every month.

I get paid for whatever I work I do.

And as you know, the writer puts as much time as the director, but the pay is not high.

My son was studying at Symbiosis and it was a difficult period for me.

So I did television series like Buddha, Gulaal and the Marathi film Ghar Shrimantacha.

Bhansali allowed me to carry on with that work even though we had started Guzaarish together at the beginning.

You have never worked on a film produced by him and not directed by him, like Mary Kom, My Friend Pinto, Rowdy Rathore, Shirin Farhad Ki Toh Nikal Padi, Laal Ishq, Malal.

He wants me to write only for him.

Plus, I like working on films and subjects that he makes.

Our wavelengths match.

You have immense respect for Amitabh Bachchan and Ranveer Singh.

When I worked with Amitabh Bachchan in Black, I was very happy.

Everyone from all over India wants to work with him and I got the chance.

No doubt he is a great actor, but the reason I liked working with him was that when he is works on a Hindi film, he asks for the script in Hindi.

I write in Hindi, and then someone types it in English and give it to the actors to learn their dialogues.

So I liked that he reads his dialogues in Hindi.
The second reason is that if he makes even a small change in the script, he asks the writer for his permission.

Like, when we were shooting for Black, there is a scene where Amitabh gets angry with Rani's (Mukerji) character Michelle.

In the dialogues that I had written, there was no anger sequence. He just tells Michelle, 'Tumhare dimaag mein kuch nahi jaata.'

Amitji asked me if he could add anger to the scene.

I told him he doesn't need to ask me.

He said, 'You have written it, so I need your permission to change it.'

I was very pleased by that.

Ranveer Singh is very lively on the sets. You don't feel the pressure when he's there.

Normally, sets have an intense atmosphere, with everyone running about and shouting.

Writing on the sets is not easy.

But Ranveer lightens the atmosphere.

His working style is different.

He shuts himself in a room to understand to get into the skin of the character.

When I narrate a script to the actor, I don't want anyone in the room.

Sanjaybhai gives me that freedom. I can narrate to the star and then he comes inside the room once it is done.

When I first narrated a script to Ranveer for 135 minutes, I asked him how he liked it.

He said, let's not talk, just sit in this room.

He wanted to absorb everything he heard.

He said, 'Bahar jaaoonga toh mein bikhar jaaoonga, so let me absorb everything.'

Tell us about your next project Baiju Bawra.

I have completed the first draft. I need time to sit with Sanjaybhai and narrate it to him, but he is busy with Heeramandi.

The casting is not fixed, but Ranveer and Alia's names keep popping up.

Tell us about yourself.

My grandfather was from Gandhiji's village, Ghodbhunder. He came to Mumbai and we settled here.

I took part in drama in school.

My friend's father was in the Indian National Theatre, so I would watch plays.

My uncle owned a library. There were a lot of Gujarati books and English novels translated in Gujarati, so I got to read a lot.

After college, I joined IPTA (Indian People's Theatre Association). I have participated in their competitions.

I have won the K A Abbas trophy for three years for my writing.

I won the Munshi trophy a lot of times too.

My father was my strength. He would wake up at 5 am, make tea for me and listen to the scene I had written.

Whenever I left for work, he would climb down four floors to see me off; we don't have an elevator.

I still have not earned enough to afford a house with a lift.

After graduating, writing plays would not earn me enough money.

I thought I would not be able to do a 9 to 5 salaried job, so I started making washing powder.

I also worked at a friend's factory where they made diamond tools.

I liked the work, but he did not pay well; I only got Rs 500 a month. In three years, it became Rs 900 a month.

From Bhuleshwar (south Mumbai), we shifted to Vashi (Navi Mumbai).

I started selling plastic products.

In 2002, I left that because I started writing as a full-time job.

How did you start writing for films?

Dariya Chhoru was the first film in Gujarati that I wrote; the producer and actors were my friends so we decided to make a film.

I got the confidence to write a film because of Shafi Inamdar.

I was writing a play called Chakravarti for him, on which Dariya Chhoru is based. When I read out a few scenes from the play to Shafi Inamdar, he told me this is not a play, this is a film.

So later, we adapted it into a film. The movie was good, but we didn't make money.

JD Majethia was my college friend. He was the hero of the film. He kept a trial show where he invited Sanjay Leela Bhansali.

Bhansali was a busy man then -- his film Hum Dil De Chuke Sanam had completed 100 days -- so he said he would come for some time and leave.

But he loved it and saw the entire film.

He told JD, 'Film ka hero tu nahi hai, film ka writer hai/'

Bhansali and I belong to the same caste. In fact, we have lived in the same area in Bhuleshwar, but did not know each other.

Our fathers knew each other, they were gym buddies.

Anyway, he later called me to his office.

He wanted me to write Dariya Chhoru in Hindi, but for some reason, it did not happen.

He asked me to write Devdas.

When Bhansali offered you such a magnum opus with stars like Shah Rukh Khan, Aishwarya Rai Bachchan and Madhuri Dixit, were you nervous?

Shah Rukh Khan was the life on the sets.

He brought energy on the sets.

He was what Ranveer Singh is like today.

He likes story, drama, huge sets and grandeur, which I was bringing to the film.

After the day's shoot, he would ask me, 'Kal ka scene kya hai?' and would make me narrate it and do a rehearsal.

I would love that.

When a film like Bajirao Mastani gets stuck for 12 years, does it get frustrating?

I was very frustrated.

I thought if we don't do it now, would it work later?

A lot of people approached me for the script, but my principles didn't allow me to give anyone else.

I wrote a film for Ravi Chopra, but he fell sick and passed away.

Are you paid well now?

I live in Vashi out of choice.

I sold the 1,000 square feet house in Bhuleshwar.

Times are changing.

People have started understanding the worth of the writer, that he is the first person who starts on a blank page.

Narration is not an easy job; you have to keep a person engrossed for two hours.

We are getting paid better now.

'I DON'T FEEL LIKE AN OUTSIDER'

'All my experiences in life have made me who I am today and I am extremely thankful for it.'

What are your birthday plans?

I'm currently in the USA for some work and will be flying to Dubai to celebrate my birthday with my family.

After my special day, I'll be headed to Mumbai for work and to finalise my apartment as I'm moving back to the Bay.

Looking back at your life so far, if you have to change anything, what would it be?

I would not change a thing!

All my experiences in life have made me who I am today and I am extremely thankful for it.

How have the last two years treated you? Not being able to travel must have been difficult for a nomad like you?

COVID was hard for everyone, but thank God, I was able to do some work and travel as well.

I made the best of those two years.

I was able to connect with nature more, read more, learn more recipes, learn about different subjects through online education.

Did your work suffer during the pandemic?

I think COVID hindered work for everyone.

I had taken some time off due to health issues, but was ready to get back to work when COVID hit.

So that was a bummer as it delayed me getting back to films as I was super-excited to start working again.

Now that everything's back to normal, I'm back to Mumbai and finalising some projects.

What are your forthcoming projects?

I have a project completed called Shiv Shastri Balboa with Anupam Kher and Neena Gupta, directed by Ajayan Venugopalan.

It's a comedy about a retiree from India who is a big Rocky fan.

He moves to the US and ends up on an unexpected road trip through the American heartland with a undocumented house-help named Elsa.

The trip teaches them that it's never too old to reinvent yourself.

I play Siya and she is a happy-go-lucky girl, who is half-Indian and half-American.

She is dating Cinnamon Singh, a wannabe Punjabi pop-star, who runs a gas station in the same town. Her mom doesn't approve of their relationship and when an Indian couple (Shastri and Elsa) shows up in their town seeking help, their lives become intertwined.

During our last conversation, you mentioned a difficult situation that you were going through. What, may I ask, was that situation? Have you resolved it?

Yes, everything is great now.

It was a health issue, then COVID.

But now, everything is as amazing as it could be. I'm really super grateful.

You have always been a bit of an outsider in Bollywood. Do you still see yourself that way?

To be honest, I don't feel like an outsider.

I realised we are all so busy and have work and family and have to travel a lot.

I love that I can keep in touch with everyone.

I've worked with a lot of great people and am looking forward to working with them in the future. I love that people have been supportive and caring.

BIGG BOSS 16: ‘IF LOVE HAPPENS, WHY NOT?’

‘I am not going inside thinking I will have a swayamvar’

“The fear of the show is what made me accept the offer,” Tina says.

“I have realised that Bigg Boss loves me way too much and so finally gave me a nod to do the show. Bigg Boss is not just about the unfiltered side, but also about the situations. And we have no idea what the audience is saying regarding our stance.”

“I am nervous, but excited at the same time. I believe I am a survivor and will take up this show as a challenge.”

How did her family react to her decision?

“I am not kidding, there was melodrama at my house when I was about to leave for the show. My mom was teary and said previously, the distance was between Kolkata to Mumbai and they used to manage with video calls. But in the case of Bigg Boss, everything is controlled. I calmed her saying they will be able to see me every day on television. But it will be hard for me to stay away from them without checking on them.”

“Completely cut off from my family, my dogs, my friends and my phone will drive me nuts! But the lockdown has made me mentally and physically stronger because we have started doing our household chores and taking care of ourselves without any help. And my parents know I am a fighter.”

Does she make friends easily?

“I am an introvert. I take time to open up, but I am a loyal friend,” Tina answers.

Tina believes she is “generally a calm person”.

“How I react will depend on the situation. We have to play our game calmly and not lose our sanity. After a point, you become homesick and cranky, but do we have a choice? No. Once you have signed the contract, there is no looking back,” she adds with a laugh.

Bigg Boss is not just about controversies and fights, it’s also about fashion.

“I love to dress up,” Tina says.

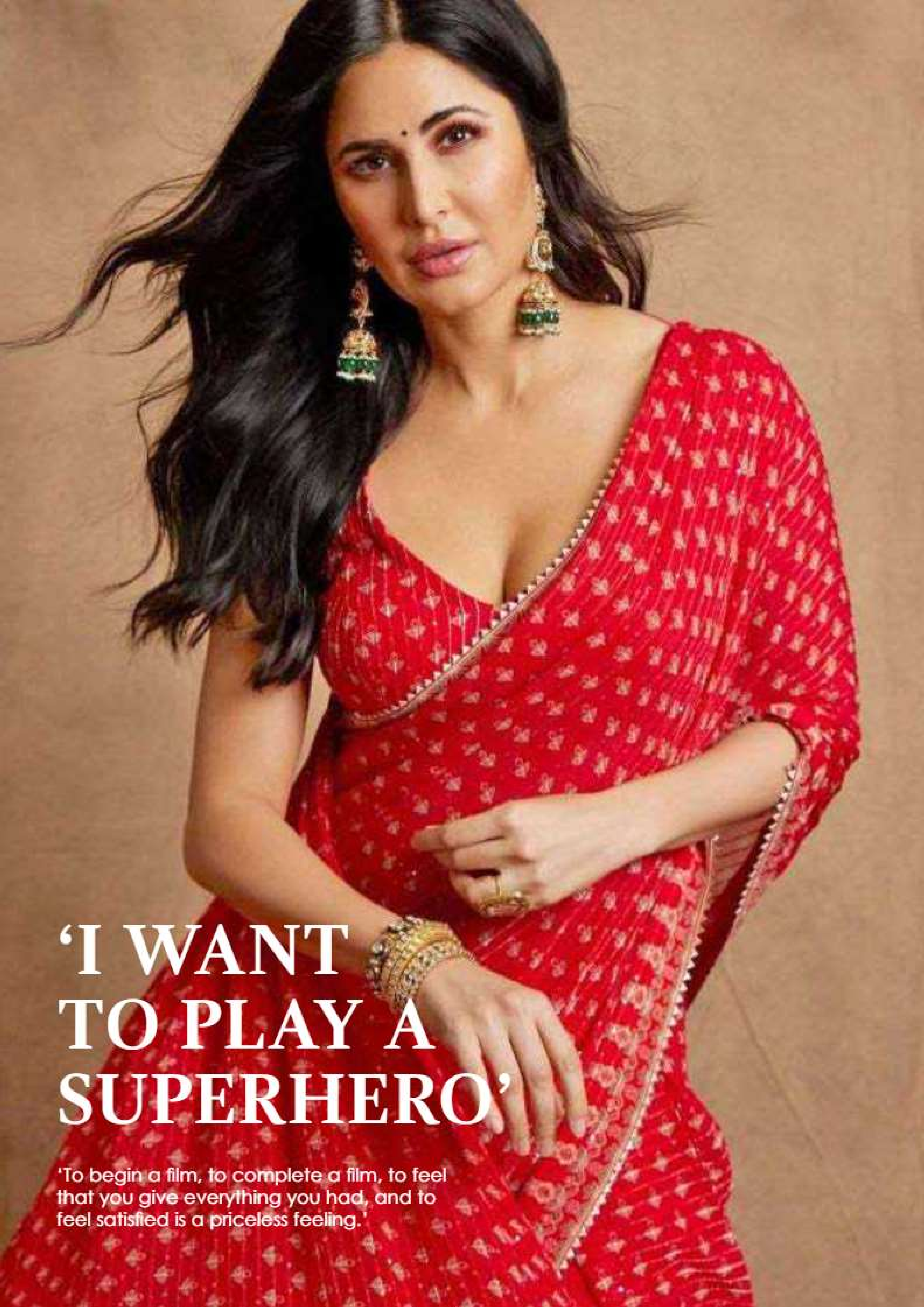
“I am carrying a lot of clothes. This is the reality show where you should be your real self, so the majority of clothes will be from my personal collection. I want the audience to relate to the real Tina. I don’t want to wear clothes that I don’t wear in my day-to-day life. I feel people connect when you are yourself.”

“The moment my date for the show was blocked, I told my stylists to have a look at my clothes in the wardrobe.”

Does she expect to find love in the house?

“I can’t say that I will not get attracted to anyone but I am not going inside thinking I will have a swayamvar.”

“If love happens, why not? But my primary focus will be on the game and the trophy.”



'I WANT TO PLAY A SUPERHERO'

'To begin a film, to complete a film, to feel that you give everything you had, and to feel satisfied is a priceless feeling.'

Katrina Kaif told us last week how her **life has changed** after she married Vicky Kaushal.

Katrina has completed about 20 years in show business and is looking for new things to do.

"Whatever you have achieved, wherever position you are in the industry, I think that the 'What next?' questions are always there. I know it's always been there for me."

You have completed close to two decades in the industry and have worked with the biggest superstars, delivering back-to-back box office hits. Do you ever feel, 'What next'?

I think, like exactly what you said, all of us wake up in the morning and think 'What next'? That applies to all of us.

Whatever you have achieved, wherever position you are in the industry, I think that the 'What next?' questions are always there.

I know it's always been there for me.

I am a person who is constantly searching, constantly looking for new information, new experiences, and new ways to present myself.

At this time, what I keep asking myself and have not yet gotten the answer to is what is true for me now, you know, what resonates with me now and I am asking myself those questions because I know there have been changes in my life.

I know that I am not the same person I was, say five years ago.

I am not the same person I was when I was doing Zero.

I am not the same person I was when I was doing Tiger Zinda Hai.

For me, there has been a new shift. I just got married a few months back in December. That's a new phase of my life.

I have always tried to be honest with myself throughout my career.

If I like this type of film, if I want to be in this type of cinema or this type of genre, I did it.

If it felt right to me and gave me happiness, I did it.

Now I am asking myself this question, 'In this new phase of my life, what is it that I need to bring? What will give me that satisfaction?'

I consider myself privileged to have gotten into films.

To begin a film, to complete a film, to feel that you give everything you had, and to feel satisfied is a priceless feeling.

I think that's the feeling I am searching for now.

What kind of space and experience is going to give me that feeling now? Let's see.

You have always spoken about supporting your women contemporaries. Now, when OTT has surged so much and we see women taking the baton finally, how do you feel?

I feel that women have been taking up the baton for a long, long time now.

From Sridevi to Madhuri, even Rekhaji.

I feel that has always been there.

We have seen phenomenal performances from all of them and then, later on, you know, from everyone who has followed them.

Women hold that power and hold that place in cinema. For me, it has always been that way and will remain that way.

When it comes to OTT content, that's never a barrier for me.

There are many things that I would like to do.

Like I know that I want to play a superhero, like in the X-Men space, that kind of character.

I would love to do an action film.

I have many dreams when it comes to particular roles.

If that gets offered to me, and I get a chance to do that on a (streaming) platform, I see absolutely no barrier to that.

After completing so many years in the industry, do the box office numbers affect you?

Content will always be king, and every actor gets affected by success and failure.

Some actors get affected for a longer period of time, while others get affected for a shorter period.

That is down to your personality and how your emotions are, but you will always be affected by success and failure.

In your heart, you will always feel elated when a film works because it means that the audience has connected to you.

If a film doesn't work, it will always hurt you because it means that they did not connect to you.

So you wonder where your translation or performance of the character went wrong.

A good script will always be the number one deciding factor.

I mean, let's go back to Lagaan. You know, the script. What a story!

I don't know why it just came to my head, but that's the example. It's always going to be that way.

‘BY THE END OF ADIPURUSH, I WAS GROWLING ALL THE TIME’

‘It’s So Easy To Get A Little Typecast And Also The Kinds Of Emotions You Are Dealing With Become A Little Similar.’

Saif Ali Khan has received rave reviews for his performance in Vikram Vedha, co-starring Hrithik Roshan.Saif, 52, who is set to complete 30 years in films, is enjoying the current phase in his career, but his hunger for better and bigger roles still remains the same.He says “I am suddenly thinking maybe I could do a little more in terms of various and different aspects of being an actor and a star.”

What kind of response have you been receiving for your performance in Vikram Vedha?

Really nice reactions from across the board.

I kept a trial where a lot of different people saw the film. Everyone liked it and appreciated it.

It’s quite unanimous. Normally we get mixed reviews, but this time it felt like everyone liked it, which is, touch wood, great.

What’s the level of your confidence after receiving glowing reviews for your performance?

I like to feel proud of the fact that sometimes, even if you are not feeling confident, it’s not based on the success of the movie.

Sometimes you have to be confident when you go to work, even if you have not been successful sometimes.

A lot has happened to me, but it feels great to be able to be confident about knowing your job and delivering it, and, of course, if a film does well like this, you get praise like this, everything feels good. You feel good.

Ultimately, that's why we are doing it. So yeah, it feels great.

Your character is the only loyal character in the film...

It was a very interesting subject.

It started with **Ab Tak Chappan** and these kinds of characters were being introduced.

They are cops and encounter specialists, and their morality is questionable. This film examines that aspect nicely.

The arch of the character, where the journey of a character begins at a point, and then at the end, there is a complete shift.

And the climax scene where my character says 'Woh lakeer kahan hai jo hume...' because the whole film is about that line.

So that's one of my favourite scenes.

Ultimately, cops are humans, too, so this is a human drama.

The kinds of problems that a policeman faces, must have been like that.

For instance, he might have come with a different ideology, but the reality is completely different.

So it's a lovely story about the thoughts and philosophy of a cop in a way.

How do you look at this phase in your career?

I don't know, you know.

I think interaction is important when you work with other people.

Like I worked with Shah Rukh Khan and it kind of changed how I thought.

Then I worked with Hrithik Roshan, and it kind of reminded me a little bit about the business and how we should approach it.

If you leave me alone, I am a bit lazy and I kind of just love it.

I go to work and come back and make pizza. Life's great.

And now I am suddenly thinking maybe I could do a little more in terms of various and different aspects of being an actor and a star.

It's a good phase. I think of myself as an actor.

I love the fact that I could do **Tanhaji: The Unsung Warrior.** It was great.

In my mind, when I see the visuals of the movie and I see Vikram standing there with that white T-shirt and the gun in his hand, the rain or whatever visual, is very different from the visuals of Tanhaji or the visuals of Sacred Games, for that matter.

So that's what I think I tried to do subconsciously. Really.

Just try and play different parts.

Hopefully, the audience and the industry will support me with that.

We support each other with that thought, and I get to do more of that. That's how I see my career.

Be it Tanhaji, Vikram Vedha or the coming Adipurush, the underlying theme is good versus evil. When you were approached for Vikram Vedha, did you think they might have approached you for the darker shade of the character that is Vedha?

I don't know. My manager Afsar said to me, 'There is this movie, and this is what they are talking about. You must see it (the Tamil original) and it's a cop role for you.'

I never really thought about whether it was the other guy or whatever. It never entered my mind.

Was it a respite?

It was a respite and it was really nice.

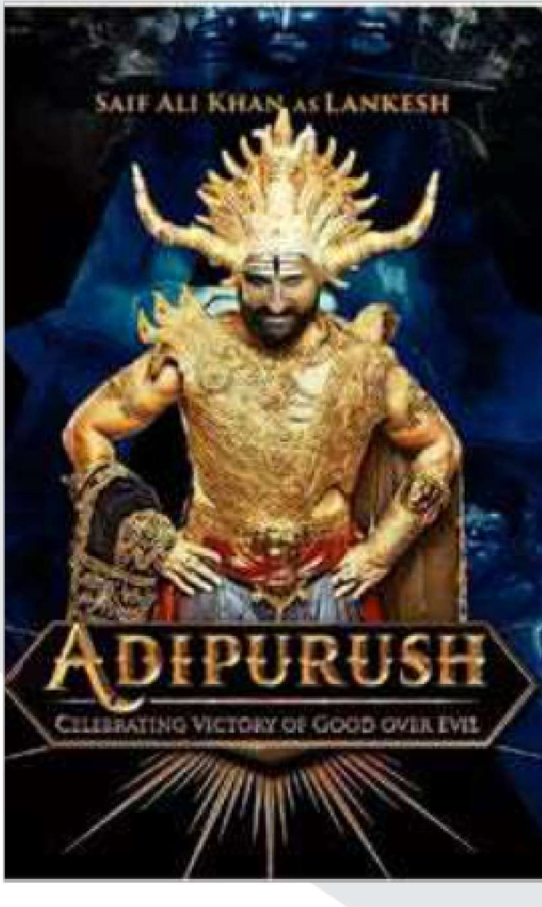
Respite is always nice.

It's so easy to get a little typecast and also the kinds of emotions you are dealing with become a little similar.

And I think by the end of Adipurush, I was also a bit, you know, just growling all the time.

I just thought 'Okay, this is great' because you tap into a different part of you.

Even though Vikram's got his darker moments also. He is not an angel by any means.


SAIF ALI KHAN AS LANKESH
ADIPURUSH
CELEBRATING VICTORY OF GOOD OVER EVIL

'MY ONLY GRIEF IS I DON"T GET AISHWARYA'

Some of Vikram's cherished dreams come true with **Ponniyin Selvan**.

"My entry is my personal best shot ever in any film," t

PS-1 is Mani Ratnam's dream. How responsible did you feel when this film was offered to you?

Yes, a lot of dreams have come together.

My dream is when I started acting in the movies... I had seen Roja, I had seen Bombay, I had seen Nayakan and I wanted to be in his films.

I was in college at that time. My classmate was a cousin of his. I became his friend because he was his cousin.

I used to keep asking about Mani Ratnam. That's the impact he has had on me.

There are so many movies like Mouna Ragam that I could watch over and over again. So that was a dream to work in his film.

I had thought that if I just work in his and Mr Shankar's films, I would retire. I don't want to act after that.

'Whenever Mani sir says Ash, I am like, 'Do I die in the end? Do I get her?'

Please go on...

The second dream is, of course, (A R) Rahman sir is the most amazing maestro alive in music.

Someone rightly said even after 30 years, the songs that he first played are still pertinent today.

The sounds he used, the instruments, how he changed music in cinema... it's been a dream to work in his film.

And what greater dream than working in a film which both of them are there together?

The other dream I have always had, which I told Mani sir, is give me a nice role where I have this entry on a bike and you have 'Ali padi de madi' sounds, and he did not disappoint me.

He told me I was a prince, and I said great. But he said, I would only get into battle and always be covered in muck, so you have to be rugged, crude, barbarian... So that's how it was.

I was like okay, I will not have that entry.

But my entry is my personal best shot ever in any film.

I don't think I will ever have that shot again nor will I have that hair again.

You have Rahman sir, you have Thota Tharini sir, you have Ravi Varman giving their best because it's Mani sir's movie and they are all going to be in a film like produced by one of biggest production companies in India.

So what more can I ask? My dreams have come true.

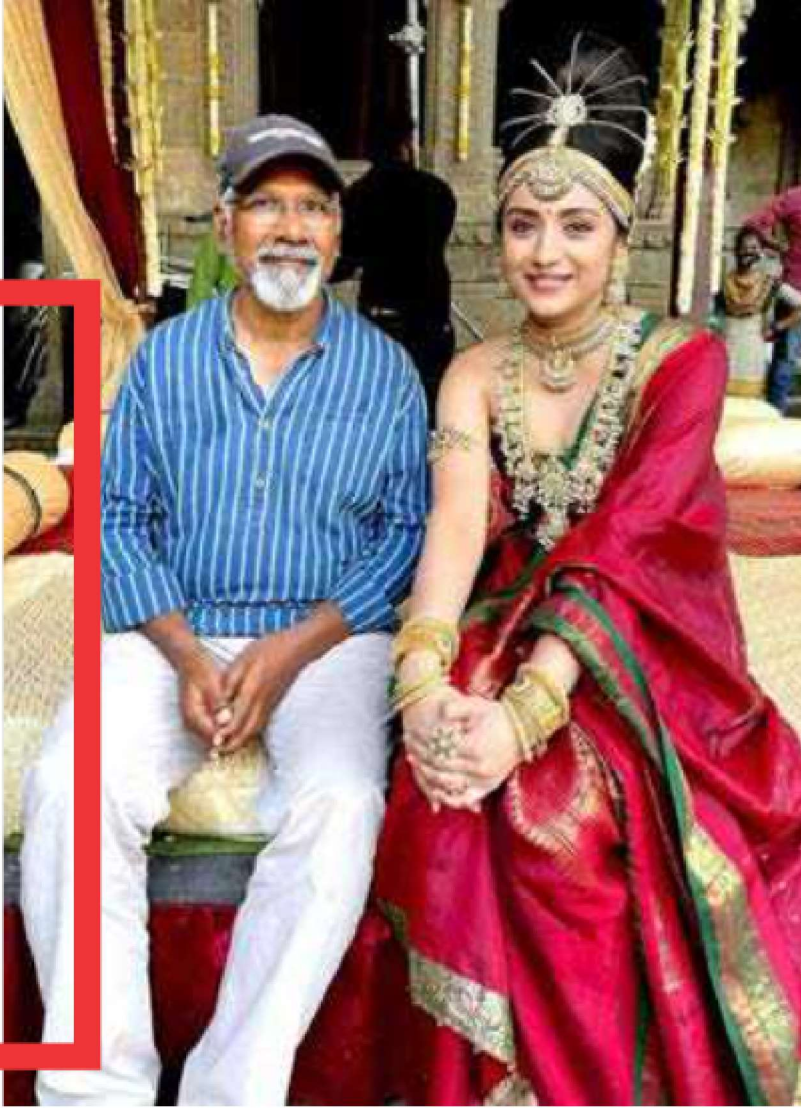
It's not easy to get a combination like this because in the South, we don't have an ensemble cast. We just have a solo heroes.

I get to work with Aishwarya again after Raavan.

I play this tragic hero.

Whenever Mani sir says Ash, I am like, 'Do I die in the end? Do I get her?'

That's how it is.



‘PS-1 IS MY TRIPLE BONUS FILM’

B’First, I get to play a princess, second, it is a Mani Ratnam film and third, it is a period film.’

Trisha Krishnan has been a part of several successful films across languages, but she has always wanted to do a period drama where she could play a princess.

Mani Ratnam's Ponniyin Selvan 1 ticks off that box on her wish list.

Trisha tells "I could totally relate to Kundavai because she is very, very, empowered."

How do you see Ponniyin Selvan 1 in your filmography?

I call PS-1 a triple bonus film.

I mean, I have done a lot of films and been around for a while.

It is a very common question and everyone has asked me, 'What character do you wish to play since you have pretty much done so many already?'

I have always said, 'I want to be a part of a period film.'

Obviously, I wanted to play a princess, right?

So, PS-1 is my triple bonus film because firstly I get to play a princess, secondly, it is a Mani Ratnam film and third, it is a period film.

You play Princess Kundavai in the film. How difficult was it for you to play a woman of a different era?

A lot of people told me that playing Kundavai would have been so different for you because she's of that era.

You play characters who are pretty strong and very today.

But besides the physicality of the character, I could totally relate to Kundavai because she is very, very, empowered.

To be honest, we come from a blessed generation where I feel very empowered today.

In that era, it was very, very difficult to be a woman and even voicing something in a kingdom where the men would be like, 'Who is she to just walk into a kingdom and say this,' you know.

So that was one part of Kundavai that I could really relate to it.

That's what I loved about Kundavai because I was playing a today's woman, dressed differently and set in that era.

BRAHMASTRA: 'LET AUDIENCE DECIDE IF THEY LIKE ME'

Nagarjuna turned 63 on August 29. Two days later, he is still trying to answer all the good wishes.

'There are hundreds of messages," "I guess this is the accumulated goodwill of the years that I've been loved by the audience. I am literally trying to respond to all the messages, but it is a losing battle."

It was a working birthday for Nag.

"We are doing a new season of Bigg Boss Telugu, which I host. Doing the show is tougher than I imagined," he says.

Nag, who has done quite a few Bollywood hits in the 1990s like Shiva, Criminal and Khuda Gawah, will be seen in another Hindi film after many years: Ayan Mukerji's Brahmastra.

Nag isn't promoting Brahmastra actively: "Let the audience see and decide whether they like me or the film. We've seen in recent times what excessive marketing and hype can do to films," he says.

Nag also has a new Telugu release called The Ghost lined up.

"No, I don't play a ghost in it. The title refers to my skills as an Interpol agent. I am impossible to track down. It's a full-on action film. I love being in action mode, especially now when I am in better physical shape than ever before," he says.

Nag says he prefers to work when he feels like it: "At this stage of my life, I don't have to work for stardom or money or any other reason except job satisfaction. I want to go on working till I can." My father (the legendary actor Akkineni Nageswara Rao) literally died with his boots on. He collapsed on the set of a film. For an actor, what can be better than that?"

WHY THE PEHLA NASHA GIRL WAS NERVOUS ABOUT HUSH HUSH

'People are talking about my character and about my performance. That is overwhelming for me.'

You know her as the Pehla Nasha girl.Ayesha Jhulka, who turned 50 in July, made her OTT debut in Tanuja Chandra's thriller Hush Hush recently.

The actor, who has been a part of the film industry for about 30 years, is grateful for the OTT platform, "Our shelf lives have become longer."

I loved Hush Hush, but for a thriller, it seemed a bit slow.

We are in a jet age. We like everything very fast and just want to get to the end.

Many others may have felt the same.

I just loved the art house beginning. It was so beautiful!

It may be slow at times, but in the second and third episodes, it gets gripping.

This is much more than a crime thriller. It's about the different classes of women and what they are going through, via their stories.

What a comeback! You play a victim, a human trafficker, a mother, a friend, a traitor...

It was Tanuja Chandra's conviction that I could carry this off.

I was nervous because I have a girl-next-door image and this was definitely a challenge.

But we see very little of you in Season One.

When I heard Season One, I had a grasp of it. You have the vision of what's going to come ahead.

You choose something even though your role may be less, in terms of screen time, but if it carries quality, it will be recognised by the cerebral audience.

The character is such that it has to unfold in Season Two to tell you more.

You were initially reluctant to sign Hush Hush.

Honestly, I felt it was too good to be true because there was Tanuja Chandra, Abundantia, Amazon Prime Video and such a layered character.

Your first instinctive reaction is 'No, it's not possible'.

But then, as Tanuja took me through the journey, she put me at ease and I realised how stupid I was. I have been waiting for something like this, so why am I saying no?

The refreshing change is that people are talking about my character and about my performance. That is overwhelming for me.

This is first time you are working with a lady director.

I think it was super easy for me to understand what she wanted. It was as if she felt the same thing that I do.

Every time she would explain something, one felt connected with the characters. Obviously, you can't be like those characters in real life but you have to go closer and think, what if this was me?

She explained very beautifully.

I thought my character would be difficult because it has layers and depth, it's dark, so many things.

I was worried as to how to put all these things into a character.

In one minute, your face has to show fear. Then it has to show confidence. It has to show hatred, it has to show smiles, tears...

Because it was a female director and the connection I felt with her, she would me at ease. She would explain even little things, and at times, even do it and show me. So it became easier.

When they say that there are catfights and uneasiness when two women work together, I don't agree with that. These things degrade how women are perceived.

Juhi Chawla and you have done hit movies with Mansoor Khan like Qayamat Se Qayamat Tak and Jo Jeeta Wohi Sikanderrespectively. But you have not worked with each other in your careers. How has your relationship been with her through the years?

Strangely, we haven't met in our entire careers until now.

Working with her was definitely fun. When I heard that she would play my sister, it became a nice comfort zone for me.

When we met, we immediately clicked.

But we didn't get much time to discuss anything beyond our roles because it was intense and Tanuja likes everybody to be in their characters.

You didn't have any scenes with Soha Ali Khan, Kritika Kamra and Shahana Goswami, Sid you meet up with them on the sets?

We had a ball of a time even though my scenes are mainly with Juhi and Karishma Tanna.

I met the other girls at the launch, at parties, at different locations, and a bond created automatically.

Shahana Goswami, the way she comes and hugs you, she's got immense warmth. She has got her own charm. She's lively, and a house on fire! She has her own way of showing strength and love.

Kritika Kamra is a quiet girl, but has such a lovely pretty face with so much warmth.

We exchanged our numbers immediately. I keep getting messages on and off and I do reply to them.

On the first day, Karishma Tanna said, 'Oh my God, ma'am, I'm working with you.' She kept saying, 'Oh my God.'

I think the warmth and respect that these girls gave me, it took just a minute to get comfortable.

When it comes to shooting, it doesn't matter. Everything is the same.

It's just as Tanuja says, it's like doing three films in one show. Time is the only thing.

OTT basically gives you time to review your talent, your skills, your abilities.

It offers you real and relatable roles, written for women, irrespective of their age or profile. That's such a welcome change.

Gone are those days when stardom was about the image and the craft.

This is more about that, reaching into the intensity of a character, trying to be real and normal, which doesn't carry the paraphernalia of so much make-up or hair.

It's just about being yourself.

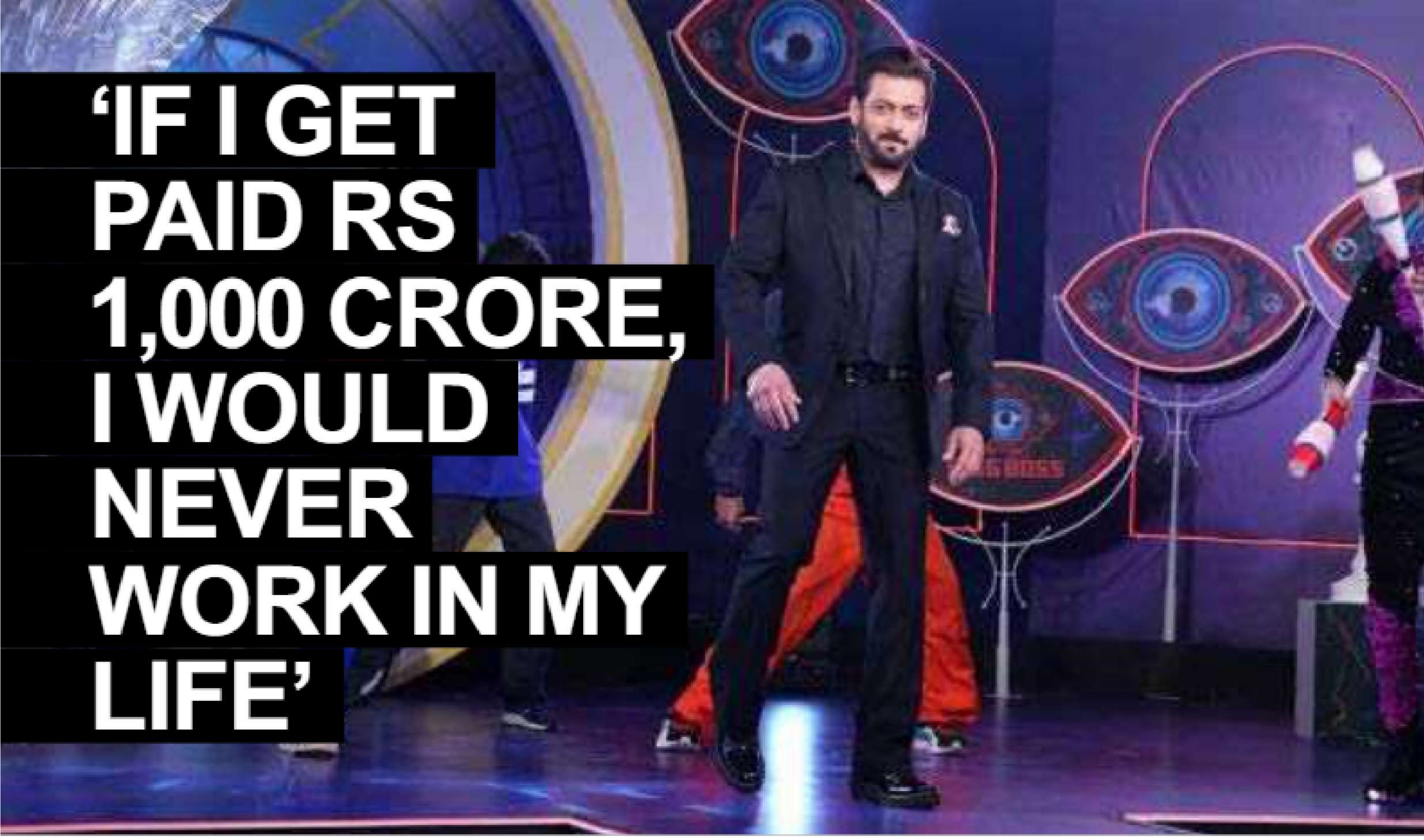
Do you think this is a great time for actresses in the film industry?

Our shelf lives have become longer (laughs).

Because of OTT, so many women-centric films and shows are happening. They are getting so much opportunity to showcase.

In the '90s, it was all about glamour. But now, there are so many things they can show because of this content creation and consumption.

Don't Miss Part 2 of this interview!



‘IF I GET PAID RS 1,000 CRORE, I WOULD NEVER WORK IN MY LIFE’

‘The actual fee is not even one fourth of it.’
‘But there will be a day when I will be paid this amount.’

Salman Khan returns to the 16th edition of the reality show Bigg Boss and this time, it’s going to be a circus in the real sense!

But first things first.

Is he really charging Rs 1,000 crore (Rs 1 billion) for the show?

“All these reports about my fees are not true,” Salman clarifies.

“If I ever get paid Rs 1,000 crore, I would never work in my life. The actual fee is not even one fourth of it. But there will be a day when I will be paid this amount.”

He added with his straight-face humour: “You know, when you guys quote this kind of amount in articles, the ED and income tax department also notice and then they reach out to me and find out the reality.”

“Even if I’m getting paid that much, do you know about the kind of expenses I have? Lawyers’ fees! They take no less money than Salman Khan!”

Salman wasn’t done with his take on his rumoured earnings.

“The Rs 1,000 crore that I was rumoured to get, I was about to return that. I was about to return the money which I never got. So Colors (the channel on which Bigg Boss will be telecast) will be in complete profit this year.”

Salman also addressed speculation of not returning as the show’s host.

“There are times when I get irritated and tell the channel that I don’t want to host the show. But these guys are compelled to take me. If not me, then who? But if it were up to them, they wouldn’t come to me. Main khud apne paas na jaun. But inke paas option nahi hai.”

So what brings him back?

“It’s been 12 years now. It’s been a long time and I am used to it. I like the game, there is a lot to learn. You get to meet so many people. You protect the ones who are being bullied and bully the bullies. In those four months, we developed a bond.”

Does losing his temper on the show affect him?

“I have been playing this game for a while in the right way,” he says.

“When Bigg Boss had started, people were playing the real game. They would show their personality. Then people saw this game and started playing a fake game. They think we don’t see anything, but we can see everything.”

“The system of the show is not to be partial, but to make sure that no one crosses the boundary. We try to bring real personalities into the house. After a month-and-a-half, their true personalities come out. It doesn’t affect me because I have other problems to deal with.”

His mother used to love the show, but thinks “it’s too much” now.

“She used to watch the show till season 14 and now is hooked to other shows on TV. She watches it only when I am there. Even Hiroo aunty (Hiroo Johar, Karan Johar’s mother) told me that the violence gets too much,” Salman shares.

“They chadhao me kuch karo unka (they encourage me to pull these contestants up). This is why I get carried away sometimes. They ask me to go and do something and I get all charged up.”

14 Ways To Stay FIT AND HEALTHY

1. Kick Unhealthy Habits

Habits are a part of life, and they can be helpful in a lot of ways. But those that are pleasure-based are so much harder to quit, according to the National Institutes of Health — and oftentimes bad for your health.

Because there's no way to do any of these in a healthy way, the "to-quit" category includes:

- Smoking
- Excessive drinking
- Drugs
- Unsafe sex

Unhealthy eating and being sedentary can also develop into bad habits if they're not done in moderation, according to the University of Phoenix.

"Habits become habits because they are easy and provide reward," says Shanna Levine, MD, board-certified internal medicine doctor and owner of Goals Healthcare. "In order to kick bad habits, surround yourself with people that maintain healthy habits, and make healthy habits easy and rewarding. For example, if you use a nicotine vape and your boyfriend does too, you should both quit together."

A good way to break unhealthy habits is to change your routine, replacing bad habits with good ones.

"If you want to exercise, make it fun. Find a workout buddy or invest in home tools that make it effortless," Dr. Levine says. "I like to watch my favorite shows on the iPad while using my indoor bike, and the hours fly by."

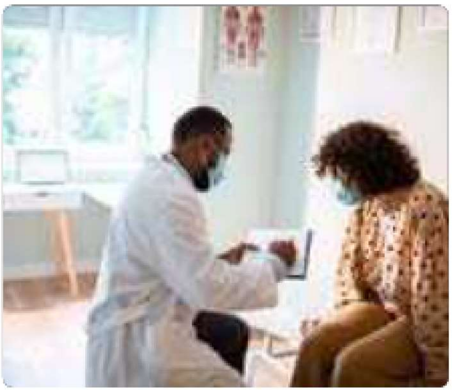
Of course, it'll take some time to kick your unhealthy habits, but it's worth it if you want to lead a healthier lifestyle.

2. Get Your Checkups

Get to your doctor for an annual physical just to make sure everything is as it should be. Routine health exams can help find problems before they really start and help catch health issues early, when chances for treatment and cure are higher, according to the National Library of Medicine.

"As a primary care physician, I cannot stress enough the importance of checkups," says Dr. Levine. "Many of my patients are able to identify and treat many conditions before they become chronic and/or irreversible."

Most routine checkups are covered by insurance, so take full advantage of those benefits. That being said, pay attention to your body and any symptoms you're having, and see your doctor if anything seems awry, even if it's not time for a checkup.



3. Make Sleep a Priority

Sleep affects our physical and mental health tremendously, and many people don't get enough, according to Centers for Disease Control and Prevention (CDC).

Lack of sleep adversely affects mood and mental health, concentration, memory, weight, the immune system and cardiovascular health. Sleep allows the body to heal, repair and rejuvenate itself in a way it simply cannot when a person is awake.

The CDC recommends the following amounts of quality sleep each night for adults:

- Ages 18 to 60: 7 or more hours
- Ages 61 to 64: 7 to 9 hours
- Ages 65 and older: 7 to 8 hours

4. Exercise Regularly

When it comes to staying fit, the benefits of consistent exercise should come as no shock. Working out helps manage weight and build muscle, combats health conditions, improves mood, boosts energy, promotes better sleep (see above!) and can even put a spark back into your sex life, according to the Mayo Clinic.

Adults should aim for 150 to 300 minutes of moderate-intensity cardio (think: walking, jogging, biking) or 75 to 150 minutes of vigorous-intensity cardio (running, swimming) throughout the week, according to the Physical Activity Guidelines for Americans. And strength training that works all the major muscle groups should be done at least two days per week.

5. Eat a Nutritious Diet

A nutritious diet is one of the most important ways to stay healthy and fit. The benefits of choosing healthy foods include:

- Improved heart health
- Better gut health
- Healthier skin
- Weight loss
- Improved mood
- Less brain fog
- Balanced blood sugar

Get as many fiber-rich fresh fruits, vegetables and whole grains into your diet as possible and make them the main part of your overall diet, recommends the CDC. Include lean sources of protein such as poultry, fish, tofu and beans. Eat balanced meals and learn portion control in order to stay within your calorie needs.

Limit the sugar, refined carbs (think: desserts and white bread, rice and pasta) and processed foods (packaged fare with long ingredient lists) in your diet, as these tend to serve up lots of calories with little nutritional value.

6. Enjoy Breakfast Every Day

A nutritious breakfast starts your day off right. It not only sets you up so you have energy and fuel for optimal mental and physical performance, but also to maintain stable blood sugar levels and a healthy weight because you are less likely to overindulge later in the day, according to the Cleveland Clinic.

"This is essential. Your breakfast should be nutritional and satisfying," says Dr. Levine.

If you're short on time, pre-plan your morning meal the night before or pick one day a week to make several nutritious grab-and-go breakfasts.

"Smoothies are perfect as you can customize them, they're easy to digest and you can pack a lot of healthy calories in," Dr. Levine says.

7. Hydrate With Water

Staying hydrated is a daily necessity to keep your body functioning properly. All fluids support hydration, but plain water is still the best choice for maintaining a healthy body, according to Harvard Health Publishing.

The benefits of drinking water include:

- Helps carry nutrients and oxygen to your cells
- Flushes the bladder's bacteria
- Aids in digestion and prevents constipation
- Normalizes blood pressure
- Stabilizes the heart
- Cushions joints and protects organs
- Regulates body temperature
- Maintains the sodium level in your body

Convinced yet?

So, how much water should you drink a day? A good general guideline is to aim for half your body weight in ounces. So, if you weigh 180 pounds, aim for about 90 ounces, or about 11 cups.

8. Reduce Your Stress

Stress is a normal survival response to everyday life pressures, but it can become pretty unhealthy when it starts to disrupt day-to-day functioning, according to the American Psychological Association (APA).

Indeed, chronic stress can affect almost every part of the body — musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous and reproductive systems, the APA notes.

So, how can you handle it?

The APA suggests the following to reduce the harmful effects of stress on the body:

- Regular exercise
- Doing what you love (think: hobbies you enjoy)
- Setting appropriate boundaries
- Spirituality
- Being in nature
- Surrounding yourself with people who support you
- Seeking help from a medical professional

Dr. Levine also believes that meditation, journaling, aromatherapy and reducing or eliminating social media are all quick and easy ways to reduce stress.

"Start with a one-minute guided meditation," she says. "Take 10 minutes in the morning to journal about everything you are grateful for. Grab a small bottle of lavender oil and smell it when you feel stressed. Every little act builds up to a less stressed day."

9. Don't Bottle It Up

Like stress, emotions like fear, anger and grief are a normal part of life. Keeping those emotions bottled up inside can cause mental and emotional stress as well as physical symptoms, according to a February 2019 review in the International Journal of Psychotherapy Practice and Research. Unexpressed feelings can lead to cardiac abnormalities and depression.

Plus, an October 2013 study in the Journal of Psychosomatic Research found that people who bottled up their emotions increased their risk of premature death from all causes by more than 30 percent, with their risk of being diagnosed with cancer increasing by 70 percent. Although it's important to note that more research is needed in this area.

Start by acknowledging your feelings, then talk about them — you can even start a journal or express yourself through some sort of art. And if you think you need to take a bigger step, therapy is always a fantastic option, according to Mental Health America.

10. Find Your Zen

Yoga and meditation don't just help with relaxation and stress reduction — there are tons of physical and mental benefits that these two practices offer.

The benefits of yoga, according to John Hopkins Medicine, include the following:

- Improves balance, strength and mobility
- Helps with back pain
- Eases arthritis symptoms
- Is good for your heart
- Promotes good sleep
- Increases your energy and elevates your mood
- Helps manage stress
- Connects you with a supportive community if you choose to do it in a studio

Some studies also suggest that yoga can help with osteopenia (bone loss), cancer, women's health issues and chronic pain.

Meditation's benefits are equally impressive . The National Institutes of Health states that meditation techniques can help reduce:

- High blood pressure
- Symptoms of irritable bowel syndrome
- Anxiety and depression
- Pain
- Insomnia

Data from the 2017 National Health Interview Survey (NHIS) found that meditation use by American adults tripled between 2012 and 2017.

So why not find a local yoga class in your neighborhood or download a meditation app? Set aside some quiet time for yourself and get your zen on.

11. Get Vaccinated

Being vaccinated and staying up to date with your shots is one very important way to stay healthy.

Vaccines have greatly reduced or eliminated diseases that once harmed or killed people of all ages. These diseases are still around, though, so if you're not up to date with vaccinations, you're putting yourself at risk.

"It is so important to have a primary care physician. They're your gatekeepers for reviewing appropriate vaccinations as well as screening for age-appropriate illnesses." Dr. Levine says.

Each year in the U.S., thousands of people become seriously ill from diseases that vaccines could've prevented, according the CDC. And even if they were vaccinated as a child, some vaccines' protection can wear off.

So, keep up with vaccines and boosters, and protect yourself as well as your family, friends and coworkers. (P.S.: Vaccines are way cheaper than hospitalizations!)

12. Wash Those Hands

Did you know that the number one way to prevent the spread of germs is by maintaining good hand hygiene? It's that easy!

According to the CDC, hand-washing with soap and water can prevent approximately 30 percent of diarrhea-related sicknesses and about 20 percent of respiratory infections like colds. And lessening the number of these infections helps prevent the overuse of antibiotics, which is another health hazard.

If you're out and about where hand-washing isn't an option, you can sanitize your mitts by using disinfecting hand wipes or a liquid hand sanitizer.

13. Manage Your Conditions

If you have a chronic illness or condition, it's so important to manage it. More and more conditions are emerging, so the rate of self-management continues to grow as a crucial method to managing these conditions, preventing illness and promoting wellness, according to an August 2014 review by the American Public Health Association.

It's not only important to be on top of checkups and medications, but it's also a necessity to work with your health care provider in order to be supported and educated on self-management skills. This will help build the confidence you need to lead a healthier life, according to The Agency for Healthcare Research and Quality.

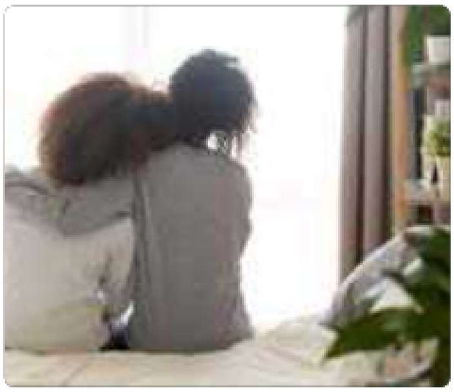
14. Grow a Support System

A support system benefits your mental health as well as your physical health. Having some people that you trust and can talk to can help you cope with everyday challenges, make difficult decisions or even aid in a crisis situation.

Family members, friends, teachers, neighbors and/or colleagues can help combat loneliness, social isolations, anxiety — whatever it is you need, according to the National Council for Mental Wellbeing's Mental Health First Aid.

And having a support network while working on nutrition and exercise is a must! Having friends or family members who are encouraging of your healthy eating and exercise goals is vital for long-term success, according to the Mayo Clinic. It could be someone to lean on when you're discouraged, someone to work out with or even someone to watch your kids while you cook or work out.

So, make sure to reach out to family and friends, join clubs, take classes or volunteer at your favorite organization, find a peer support group and find local events to attend.



Top 23 Places to Visit in Winters in India to Enjoy the Season at its Best

Winters are here and this time they are making up for the last few years. While most people plan to spend their holidays and week offs curled up in a blanket and sipping hot chocolate; there are some like me, who love to explore new places and enjoy the chilly weather (while sipping hot chocolate, of course). From the magical Himachal Pradesh to relaxing Kerala, there are many places to visit in winters in India that will make you want to get out of your cosy beds and experience the season at its best.

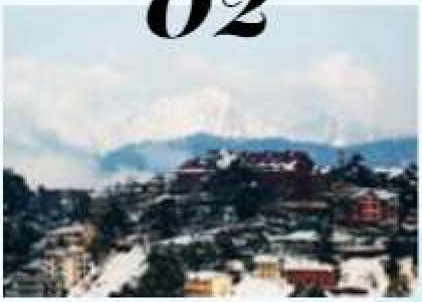
01

1. Gulmarg, Kashmir

First up on our list is Gulmarg. This hill town nestled in the northern-most state of India is magical all-year-round, but its charm is enhanced upon the arrival of winters. The snow-laden landscape and frozen lakes make this place a perfect destination to indulge in snow activities like skiing and snowboarding. Adventure seekers can satiate their hunger for adrenaline rush by trekking on one of the many trails that become even more challenging during the season.

- Not to Miss: Cable car ride

02

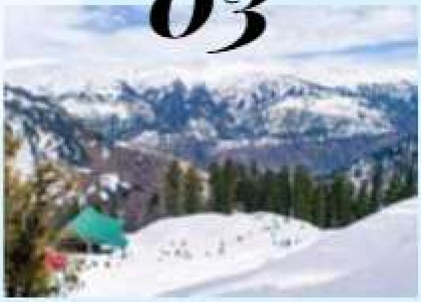


2. Shimla-Kufri, Himachal Pradesh

Shimla-Kufri is definitely among the most popular destinations in North India for people who like to experience snowfall. The capital city of Himachal is surrounded by rolling hills and snow-covered forests, which open the path for many adventure activities. Numerous restaurants lining the Mall road make for the perfect setting to enjoy panoramic views of the Himalayas while sipping a cup of hot tea.

- Not to Miss: Ice skating at the open-air skating rink

03



3. Manali, Himachal Pradesh

Towering mountains, deodar trees, winding roads and heavy snowfall; we are talking of India's loved winter destination, Manali! Situated in Himachal Pradesh, this hill station is a paradise for snow lovers, honeymooners and adventure lovers. Whether it is a biking trip to Rohtang Pass, paragliding in Solang Valley or hiking up to Jogini Waterfalls, Manali will leave you with a memorable experience and urge you to come back more than once.

- Not to Miss: Food walk in Old Manali

04

4. Auli, Uttarakhand

Want to learn skiing while magnificent peaks of Nanda Devi, Neelkanth and Mana Parbat are looking over you? Then, you must head to the best skiing destination of India – Auli! While it boasts of lush green valleys almost throughout the year, visiting this place in peak winters lets you see it in a completely different light. The landscape is covered with a thick layer of snow, numerous ski resorts dotting the region are bustling with holidaymakers, and adventure junkies are on their way to tame the snow-laden slopes.

05

5. Binsar, Uttarakhand

Binsar is a lesser-known name when it comes to hill stations to visit in winters in India. But believe us when we say, it is one of the most spectacular places you will ever visit. It is a quaint little hill station in Uttarakhand that offers breathtaking views of cloud-touching Kedarnath, Trishul and Nanda Devi peaks, making it a photographer's paradise. What makes this hill resort even more exciting is the Binsar Wildlife Sanctuary where you can find an extensive variety of flora and fauna species.

- Not to Miss: A trip to Zero Point

06

6. Dalhousie, Himachal Pradesh

Another hill station in Himachal Pradesh, but different from any other, Dalhousie is ideal for anyone who enjoys colonial charm. Winters bring out the best of this place as the mercury falls below freezing point and the chilly breeze invites you to come out and have the time of your life. December sees a horde of trekking enthusiasts as Dalhousie hosts the National Himalayan Winter Trekking Expedition.

- Not to Miss: A hike through the Deodar forest

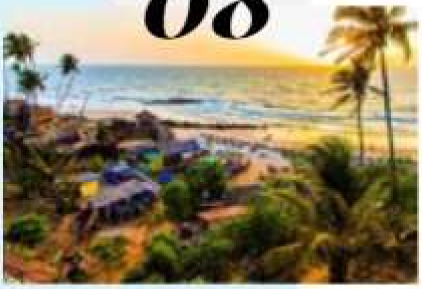
07

7. Rann of Kutch, Gujarat

Want to camp under the stars on the largest salt sand desert in sub-zero temperatures? Then, head to Rann of Kutch during the winter months. Famous for the Rann Utsav – a two-month long cultural festival – this place looks something straight out of dreams. Traditional food, authentic handicrafts, desert safari and stargazing, complemented by a wide expanse of white land, oh what a sight it is! The Kutch Festival invites lakhs of tourists from all around the world, so we recommend you make your bookings way in advance.

- Not to Miss: Camping in Dhordo Village

08



8. Goa

The onset of winters marks the beginning of party season throughout the world. And what better place to kick-start your New Year celebrations than the party capital of India – Goa! Pleasant climate, serene beaches, a variety of water sports, throbbing nightclubs and parties that continue till the dawn make this destination a perfect getaway during the winters. Apart from this, travellers love the place for the Goa Carnival, Goa Film Festival, and Christmas parties.

- Not to Miss: Sunrise and sunset at one of the many beaches

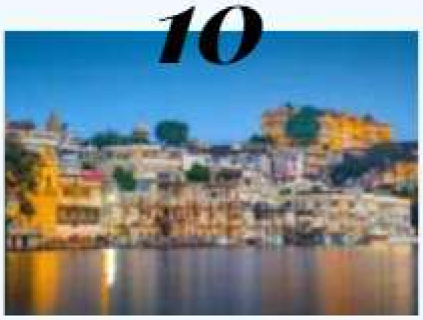
09

9. Wayanad, Kerala

Want to enjoy winters at a hill station but can't bear the cold? Head to Wayanad for a dream vacation amidst the Western Ghats. Situated in the 'God's Own Country' – Kerala, this picturesque town has everything one looks for on a holiday – food, culture, history and warm people. To make things more exciting, there are several bird watching spots and trekking trails in Wayanad that attract tourists from all over the country

- Not to Miss: A visit to Wayanad Wildlife Sanctuary and Edakkal Caves

10



10. Udaipur, Rajasthan

Rightfully called the 'Venice of the East', Udaipur has the kind of charm that lures hundreds of thousands of tourists from around the world, throughout the year. The magnificent Lake Palace, Fateh Sagar Lake, Jag Mandir, Lake Pichola and many such medieval-era marvels are the reason behind it. The number of visitors particularly increases in the winters as the lakes and surrounding Aravali hills work in tandem to keep the temperature just perfect for sightseeing. And if you are an art connoisseur, plan your trip during the Shilpgram Arts and Crafts Festival to witness traditional performances.

- Not to Miss: Dinner date at the bank of Lake Pichola

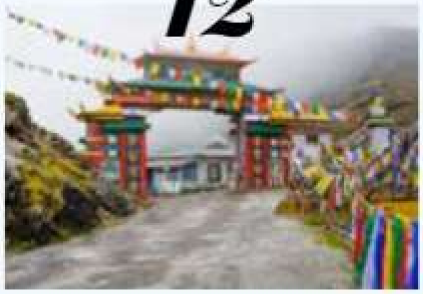
11

11. Jaisalmer, Rajasthan

Although Jaisalmer is quite hot and humid for the better part of the year, the winter months of December and January make for ideal weather to visit this desert city. Activities like desert camping, camel rides, quad biking, dune bashing, parasailing and more, keep the adventure junkies occupied, while the Desert Festival, Nerasi Music School, Kuldhara Village and Sonar Quila take you on a cultural ride.

- Not to Miss: A drive to the famous Longewala Post

12



12. Tawang, Arunachal Pradesh

Tawang is an offbeat hill station situated in the North-eastern state of Arunachal Pradesh. It is undoubtedly the most difficult place to reach in winters, from this list, but once you capture the glorious views of the snow-covered Himalayas, valleys wrapped by colourful prayer flags and ancient monasteries, the efforts put in would seem worthwhile. If you are interested in attending cultural events, visit Tawang in January for the Torgya Festival, or in February for Losar.

- Not to Miss: A visit to Urgelling Monastery – the birthplace of the 6th Dalai Lama

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13

13. Gangtok, Sikkim

Home to the old Indo-China Silk Route, Gangtok is a unique hill station that offers something for everyone. From Buddhist pilgrims to trekkers, tourists to honeymooners, every kind of traveller can find an activity of their interest. Rich flora and fauna, tranquil high-altitude lakes, colourful monasteries and views of the surreal Himalayas entice you like no other place. While Gangtok doesn't receive any snowfall, the temperature soars around 4 degrees, so be mindful while packing for the trip.

- Not to Miss: A trip to Nathula Pass and Tsomgo Lake

14

14. Dharamshala, Himachal Pradesh

Dharamshala often referred to as 'Little Lhasa' is a small town situated in the Kangra district of Himachal Pradesh. Surrounded by the Dhauladhar Range, thick alpine vegetation, narrow streets, and Colonial buildings, make this peaceful town a quintessential hill station in India. There is another reason for its popularity – the presence of a large community of Tibetans who followed His Holiness The Dalai Lama and made this their abode. Their presence has greatly influenced the food, music, and ambience of Dharamshala. Although you can visit this popular tourist attraction all-year-round due to its pleasant climate, a visit in winters is a must.

- Not to Miss: A visit to the Norbulingka Institute

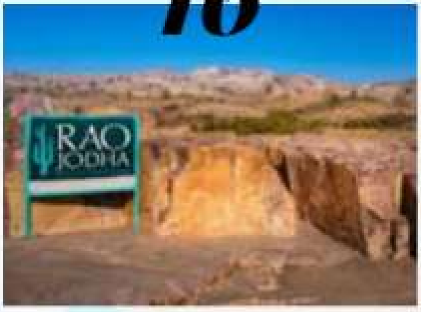
15

15. Mussoorie, Uttarakhand

Aptly named 'The Queen of the Hills', Mussoorie in winters transforms into a white paradise thanks to the heavy snowfall it receives. The snow-covered pine, oak, and cedar trees, buildings, roads, and mountains elevate the romantic vibe of this hill station. Soak in the winter panorama from the Lal Tibba Scenic View Point, walk on the snowy street of the Mall Road, or sit and enjoy the hazelnut coffee at the Le Llama Café.

- Not to Miss: Christmas celebrations

16



16. Jodhpur, Rajasthan

Winter is the best time to explore the 'Blue City' of Rajasthan – Jodhpur. With the temperature ranging between 7 – 27-degree Celsius, you can explore the famous landmarks of Jodhpur freely and comfortably. These include the grand Mehrangarh Fort, stunning Umaid Bhawan Palace, and tranquil Mahamandir Temple.

- Not to Miss: Participate in the Rajasthan International Folk Festival (held in October)

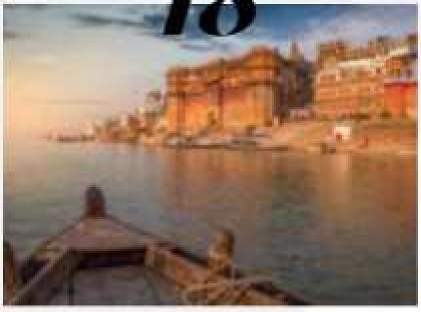
17

17. Shillong, Meghalaya

The best time to visit and explore the capital city of Meghalaya, Shillong is in the winters. It is referred to as 'The Scotland of the East' because of its colonial heritage, natural beauty, and pleasant weather. Some places to visit in the city include Lady Hydari Park, Don Bosco Centre for Indigenous Cultures, Ward's Lake, and Elephant Falls.

- Not to Miss: Take a trip to the cleanest village in Asia, Mawylnnong

18



18. Varanasi, Uttar Pradesh

For Hindus, Varanasi is one of the holiest places to visit. The sacred ghats, religious hymns, and ashrams fill the city with a heavenly and peaceful air. Soaking in the sunrise and sunsets, taking a boat ride in the misty Ganges, and sitting by the ghats to watch the religious ceremonies are the highlights of visiting this revered city in the winters.

- Not to Miss: Join the Ganga Aarti at the Dashashwamedh Ghat

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19

19. Nashik, Maharashtra

A paradise for wine lovers, Nashik is home to the finest vineyards of India. Along with the beautiful panorama, the city has a lot in store for the tourists. This includes adventurous activities like white water rafting and trekking, wine, music, and food festivals. So, winter is the ideal time to visit the city.

- Not to Miss: Pamper yourself at Sula Fest (held in February)

20

20. Puducherry

Resembling a French town, Puducherry is one of the most romantic spots to visit in the winters, especially if you come from the colder north. The warm yet comfortable climate is ideal to soak in the tranquil vibe of this beach city. There is lots to do from tasting French food to trying your hand at water sports.

- Not to Miss: Sight native and migratory birds at the Ousteri Lake

21

21. Ooty, Tamil Nadu

Ooty is a popular hill station in Tamil Nadu, which is surrounded by the evergreen Nilgiris. During summers, Ooty used to serve as a getaway for the Britishers and hence, you will find many remnants of the colonial period like St. Stephen's Church. In winters, the town's famous coffee plantations and dense flora are covered by mist, which gives it a dreamy and romantic ambience.

- Not to Miss: A ride on the Nilgiri Mountain Toy Train

22. Coorg, Karnataka

Coorg is another destination on this list that is referred to as 'Scotland of India' owing to its breathtaking landscape. This town situated in the Western Ghats is a popular destination for tourists seeking peace and solitude. The coffee plantations, majestic waterfalls, and misty surroundings are highlights of a winter trip to this natural wonderland.

- Not to Miss: Spot wildlife at Nagarhole National Park

23. Munnar, Kerala

Situated in the Idukki District, Kerala, Munnar is referred to as the 'Kashmir of the South' due to its spellbinding scenery. The pleasant winters are also perfect to enjoy the adventurous activities such as trekking, hiking, rappelling, etc. in Munnar. Picnic at the Echo Point, climb the surreal Anamudi Peak, and taste different tea flavours at the TATA Tea Museum.

NOVEMBER 2022

TAROT

Loveena Crystal Gaze

(Numerologist, Tarot Card Reader)

ARIES
(MARCH 21-APRIL 19)

God & Angels want you to enjoy your life, you deserve the best ! Soar with happiness. Angels are embracing you with blessings. Something Magical will Occur.

Angel msg - Angels are Showering you with love & wealth.

TAURUS
(APRIL 20- MAY 21)

Seize Opportunities that come your way as only Success lies ahead of you. Release your doubts to heaven. Let new energy come in your life. Success is indicated for business Ventures.

Angel msg- Thank the Univese for blessings in your life.

GEMINI
(MAY 22-JUNE 20)

Vibrant career opportunities in your career will bring financial gains. Everything is working out in a divinely perfect way. Let Heaven help you. you have prayed for help. Good news coming your way.

Angel msg - your dreams are blooming very fast & will come to fruition.

CANCER
(JUNE 21-JULY 22)

Finances are favourably highlighted. Believe to attract & receive. Your time has come to collect your rewards. Celebration period ahead. Travel abroad is highlighted.

Angel msg - Angel of Wishes are with you & working very hard to make your wishes come true.

LEO
(JULY 23-AUG 22)

Happiness awaits you now, All blocks in your relation are Over. Visualise your dreams, Smooth road ahead. Spread your wings. Your dreams will be fulfilled.

Angel msg - Renewal of Vows, love life blossoms. Angels are blessing you with new home.

VIRGO
(AUG 23- SEPT 22)

Sunshine days ahead for you, Angels are protecting & guiding you. Deals will be finalised. Financially very good period ahead. Angels are blessing you with more Comfort, luxury in your life.

Angel msg - Follow your heart, Angels are helping you to find true happiness.

LIBRA
(SEPT 23- OCT 22)

A change of location is foretold, go with the flow. A happy move to a New home or place of employment will bring you positive new energy. Make a wish & enjoy its manifestation.

Angel msg - Finances are highlighted. Abundance in money is coming your way.

SCORPIO
(OCT 23- NOV 22)

Keep Charging ahead, you are going closer to your goal, Time is right for new career opportunity in your life. Have faith. Rough phase is over. All obstacles are over. Rejoice!

Angel msg - Dreams & Ambitions will be rewarded & realised.

SAGITTARIUS
(NOV 23- DEC 21)

Magical energy is Surrounding you, Positive new energy is Coming your way. A Contract will be Signed bringing Abundance. you will triumph over Obstacles & Stumbling blocks.Stay Optimistic.

Angel msg - Welcome changes coming in your life, let go of old energy.

CAPRICORN
(DEC 22 - JAN 20)

Finally something good is going to happen, Stop Worrying & Visualise a favourable outcome. Positive thinking attracts positive Situations & people yo2ur way. Finances are highlighted. Relax & let angels help you.

Angel msg - Happy flow of Abundance is heading your way! Enjoy.

AQUARIUS
(JAN 21-FEB 18)

Happy & Joyous moments will delight you in the next few days. A longed for Wish comes true. Welcone the new dawn in your life. Your prayers have been heard by Universe. Health will be good.

Angel msg - New blessings & love are coming your way. Ask & you shall receive from Universe.

PISCES
(FEB 19 -MARCH 20)

Make effective use of your time & Opportunities that come to you. Your hard work & Creativity will make your dreams come true. Have faith. Expect Miracles in your life.

Angel msg - Univese sends Special blessings just for you.

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